

Thursday, April 19, 2018

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Dad chased inflatable as it took girl to death

Crown court jury told of tragic events during trial of fairground employees

By Lottie O'Neill
lottie.oneill@essexlive.news

THE father of a seven-year-old girl killed when the bouncy castle she was in 'lifted into the air and flipped over' chased after the inflatable when he heard his mother screaming, a court heard.

Summer Grant, from Norwich, was with her family at a funfair in Harlow Town Park on March 26, 2016, when the inflatable she was on was taken by a 'freak-like tornado' gust of wind.

It flew from its anchors, hit a caravan and 'cartwheeled' down the hill until it hit a fence and stopped.

Emergency services rushed to help Summer and she was taken to Princess Alexandra Hospital with serious injuries.

She died a few hours later.

Two fairground employees, Shelby Thurston, 25, and her husband William Thurston, 28, from Cambridgeshire, are this week on trial at Chelmsford Crown Court and on Monday

both pleaded not guilty to charges of manslaughter by gross negligence and failure to discharge a duty of care.

Chelmsford Crown Court heard how a yellow weather warning was in place on March 26, 2016, the day Summer died with winds of 35-40 mph expected.

Lifted

Prosecuting barrister Tracy Ayling QC told the jury on Tuesday: "Lee Grant heard his mother scream 'No!'. He turned and saw the dome inflatable had lifted into the air and appeared to hit a caravan before flipping over.

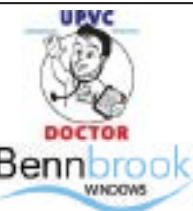
"He shouted 'my daughter is in that', and ran after it, but it was moving too fast for him to catch it."

Ms Ayling told the jury how an eyewitness will describe seeing the top of the SuperDome bouncy castle lift in the air, cartwheel down the hill and only stop when it crashed into a fence at the bottom of the park.
■ The trial continues.



Police guard the fairground scene after the death of Summer Grant

FULL STORY: Page 5 ONLINE: For a regularly updated live blog on the ongoing trial visit essexlive.news/harlow



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BRIEFING

in this week's paper...

**Chemical attack outside pizza shop**

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■ Kings, 19 East Gate, Harlow	■ Howick & Brooker, 1 High Street, Old Harlow
■ Geoffrey Matthews, 47 High Street, Old Harlow	■ Belvoir, 40 High Street, Old Harlow

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If you have a query regarding the delivery of your newspaper or would like to join our team as a newspaper deliverer, please contact our distribution department:	
Phone	01582 470504

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Subscriptions (postal & home delivery) 0333 2028000

Leaflet Distribution 01582 470506

Photo Sales 0844 4060389

E-editions harlowstar.co.uk/e-edition.html**CORRECTIONS & COMPLAINTS**

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WHAT'S ON NEAR YOU**ADULT ISSUES**

DOUBLE BILL - YOLANDA MERCY: QUARTER LIFE CRISIS AND URIELLE KLEIN-MEKONGO: YVETTE: HARLOW PLAYHOUSE, PLAYHOUSE SQUARE, HARLOW CM20 1LS, TUESDAY, APRIL 24, 7.30PM

Alicia is a hot mess. She doesn't know what she's doing with her life. S wiping left, swiping right to find the perfect match. Even though she's a Londoner, born and bred, the scent of Lagos peppers her existence in the ends.

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What does it mean to be an adult, and when do you become one? Quarter Life Crisis mixes addictive basslines, spoken word and audience participation.

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For more details visit: www.harlowplayhouse.co.uk

Yolanda Mercy stars in Quarter Life Crisis at Harlow Playhouse

**BOOGIE NIGHTS**

HEATWAVE AND ODYSSEY: HARLOW PLAYHOUSE, PLAYHOUSE SQUARE, HARLOW CM20 1LS, WEDNESDAY, APRIL 25, 7.30PM

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Direct from the Big Apple, Odyssey take you back to your roots with Native New Yorker, Inside Out and If You're Looking for a Way Out.

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Tickets £28. For more details visit: www.harlowplayhouse.co.uk

THURSDAY, APRIL 26, 8PM

An evening with some of the hottest acts on the comedy circuit hosted by James Loveridge.

Headlining the evening is Carl Donnelly supported by Flo and Joan. Twice Edinburgh Comedy Award nominated Donnelly funnies takes us through his thoughts on reaching the ripe old age of 34, the age that is statistically the happiest of your life.

Following the mess that was his late 20s and early 30s (involving divorce, depression, hallucinogens and worse) Carl has now seemingly found peace in being a vegetable planting, self-hating liberal with a wide array of useless kitchen utensils and is trying to work out which life he prefers.

Musical comedy sisters Flo and Joan present a brand-new hour of dark, witty songs in support. Despite the world being

on the brink of collapse, it's fair to say James Loveridge is the happiest he's ever been.

He's just got

engaged, his relationship with his cat has improved (subject to change), now all he has to do is not mess it up.

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Tickets £1 for adults, under-12s admitted free.

Follow Cheeki Monkeys on Facebook: www.facebook.com/CheekiMonkeysHarlowandSawbridgeworth

**MUSICAL COMEDY**

COMEDY NIGHT: RHODES ARTS COMPLEX, 1-3 SOUTH ROAD, BISHOP'S STORTFORD CM23 3JG,



Well this is certainly one way to highlight the potholes blighting roads in Harlow

A GRAFFITI artist is taking matters into their own hands to highlight how the town has been blighted by potholes.

The vigilante has painted massive white penises around some of Harlow's potholes in what appears to be a call for Essex County Council to take action.

One of Harlow's worst affected roads is Howard Way – near to The Stow – and pictures taken at the scene show just how big the problem is.

The identity of the artist remains a secret, but they have drawn around the holes in the road and have captioned the masterpiece with the words 'fix me' in one case.

Last week, it was revealed that the amount of money spent repairing individual potholes has dropped by almost £15 million in three years.

Just last month, a series of them on the A12 near Chelmsford caused six vehicle blow outs in one evening.

A spokesperson for Essex County Council said: "We welcome people drawing our attention to potholes and this sort of creative approach has cropped up in other parts of the country, reporting them on our website is a far more effective and much safer way of sorting out potholes than drawing a part of the male anatomy around them."

Daughter left holding father's lifeless body for 45 minutes

Ombudsman says 'shortcomings' in clinical assessments were 'disappointing'

By Narbeh Minassian

narbeh.minassian@hertsessexnews.co.uk

A BEREAVED daughter has accused Princess Alexandra Hospital of "negligence" after she was left to hold her father's dead body for 45 minutes.

After a battle with chronic kidney disease in February last year, Bernard Collins, 85, died sitting up in his bed.

His daughter, Tracy Ezra, from Bishop's Stortford, was left holding his dead body for 45 minutes before a nurse arrived in the room.

Tracy complained to the Parliamentary and Health Service Ombudsman – which partly upheld her grievances. While the report clears the hospital of much of the wrongdoing she accuses, their physician advisor noted a delay in pneumonia treatment kept Mr Collins from spending the end of his life at home.

Tracy told the Hertfordshire Mercury: "I want other families to be aware of the kind of treatment we got. We have been robbed of my dad."

"I am an only child, my dad has been the man who taught me right from wrong and raised me and this is probably the reason I am doing this because I couldn't have got more love from my dad."

Bedside

On February 20 last year Tracy and her mum, Marion, who married Bernard 60 years ago, decided to stay by his bedside overnight.

The next day, mum-of-one Tracy and her 80-year-old mum got up to walk out of the ward when Bernard, who had been unresponsive from morphine for days, coughed, before passing away.

A nurse who tended to Bernard then turned and said "I'm so sorry", before leaving the ward. However, Tracy said her and Marion were left alone with Mr Collins for 45 minutes before another nurse appeared.

Tracy said: "I held his body like he was asleep. I used to always kiss him. He got colder and colder for 45 minutes before someone came."

The Ombudsman's report accepted Bernard should not have been left sitting up for this time but said the hospital had limited staff.

Bernard was admitted to hospital on January 26, 2017 and put on an end of life care pathway by February 10.

On February 13 he was examined for a cough by a junior doctor. His chest was clear. Two days later, he

needed supplementary oxygen and was given an X-ray. On February 16, a chest exam revealed "crackles and wheezing" and a blood test showed Type 1 respiratory failure.

But it was only on February 17 – four days after the initial complaint and two days after the X-ray – that Bernard's consultant made the diagnosis of pneumonia. He died four days later.

The report concluded from this: "Overall, our physician adviser said the standard of documentation and the shortcomings in the clinical assessments is disappointing, and it appears the Trust was not as focused on keeping him as well as it could have been."

"He said it is not possible to say what the full impact of this was. He explained that Mr Collins was clearly very unwell and regrettably had a limited life expectancy."

Opportunity

"He said the pneumonia would not have directly related to his kidney disease, but there was a missed opportunity to have treated the pneumonia earlier and therefore for Mr Collins to have been able to get out of hospital earlier, which meant he may have had the opportunity to spend the end of his life at home, as per his wishes."

Tracy also complained a junior doctor at the hospital injected her dad with penicillin despite his allergy to the drug. She said it was only thanks to her spotting his heart rate double on the monitor that the problem was quickly spotted.

The Ombudsman said this particular complaint had already been dealt with by the trust and "appropriate action has been taken to ensure that the same thing cannot happen in future".

The report recommends PAH write to Tracy to apologise for the failure to manage her dad's chest infection adequately and explain how it will ensure diagnoses are reached quicker.

Tracy paid tribute to her dad, who worked as butcher in east London all his life, was "well loved" by his clients and "wouldn't hurt a fly".

She said: "He loved my son, Jet, 13, and my son loved him. He was like the son he never had, he even called him son."

"He was a family man and wouldn't hurt anyone."



WHAT THE PAH SAYS

A PAH spokeswoman said: "Following the final report from the Parliamentary and Health Service Ombudsman which we received on 10 April, in response to Mrs Ezra's complaints over the treatment of her father, Bernard Collins, who died in the hospital on 21 February 2017, the trust would firstly like to offer our sincerest apologies to the family at this very difficult time."

"We have written to Mrs Ezra and apologised and will be writing again following the report and hope this apology is accepted – the trust fully acknowledge how difficult and distressing this has been."

"The trust realises that mistakes were made in Mr

Collin's care and fully accept the recommendations of the final report; we take any shortfalls in care extremely seriously."

"The incident was highlighted and investigated internally and we would like to assure Mrs Ezra and family that improvements have been put in place."

"The trust and clinical team involved in this case will take the recommendations of the final Parliamentary and Health Service Ombudsman report as part of our learning process and include any recommendations in quality improvements, to ensure these failings are not repeated in the future."

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Two years on from his death, memorial still remains to man who loved Harlow ‘No one had right to take his life,’ says mum

By Hannah Kane

hannah.kane@essexlive.news

THE death of Arkadiusz Jozwik at the hands of a teenage boy sent shock waves through the community in Harlow and caught the attention of national media.

The Polish national, who was known as Arek, was sent tumbling to the floor after being punched in the back of the head following an altercation with a group of youths in The Stow on August 27, 2016.

His attacker, a 16-year-old who cannot be named for legal reasons, was sentenced to three years in a Youth Detention Centre on September 8.

Nearly two years on from his death, a memorial

remain in place. Flowers, candles and a picture of Mr Jozwik mark the spot where the father suffered the fatal wound.

His subsequent death from a severe brain injury caused a national stir, sparking a debate as to whether Brexit's far right undertones led to the Pole's death.

Initial information provided to officers suggested Mr Jozwik may have been the victim of a hate crime.

As the investigation continued, it became apparent to officers that there was no evidence to suggest that there was a racially aggravated motive, although his death is still recorded as a hate crime.

Police then treated the 40-year-old's death as murder, but the teenager who assaulted Mr Jozwik was eventually charged with manslaughter on December 1 2016 and was convicted by a jury at Chelmsford Crown Court on July 31 last year.

Arek Jozwik's mother, Ewa Jozwik, shared her pain after the sentencing of teenager who killed her son.

She said: "I cannot come to terms that my loving son is no longer with us."

Machine

"All the time I can see in my mind the moment I saw him lying motionless in the hospital bed connected to the life support machine. I wanted him to wake up so badly."

"I think about him every day. I wish he could be with us. In moments like this I cannot hold back my tears. When I think about him, I always cry."

She said: "He was healthy, a good person, and no one had the right to take his life in such a way."



Nearly two years on from his tragic death, a memorial remain in place for Arkadiusz Jozwik



Arkadiusz Jozwik

"The last year has been very difficult for our whole family."

"If not for my other son Radek, his wife and kids, I would not be able to cope."

"I came to England when my husband passed away."

"Arek followed shortly because he did not want to be in Poland alone. In the beginning we were living together and then my son found a place of his own nearby."

"He would visit often, come round for dinners and we would be inseparable."

"I know Arek was happy here. He felt at home in Harlow and he did not want to go back to Poland."

She said: "He wanted to stay here and he is buried here. At his funeral, people who knew him remembered him as a good, calm person. 'You were a dream, now you are a memory' are the words we placed on his gravestone."

"I do not wish upon any mother to have to bury her son and go through what I went through."

"Sometimes I think about the day he died."

"I remember our phone conversation when everything was fine, he was with his friends and finishing painting."

"The next day when I rang him, he did not answer. I deeply regret I did not even have a chance to say goodbye."



The shrine in The Stow

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Couple face charges for girl's death on inflatable

Jury told of 'massive gust' of wind which lifted Circus SuperDome

By Lottie O'Neill and
Hannah Kane
lottie.oneill@essexlive.news

A COUPLE have this week appeared in court charged with the manslaughter of a seven-year-old girl after she died when a bouncy castle blew away in Harlow.

Shelby Thurston, 25, and husband William, 28, appeared at Chelmsford Crown Court on Monday (April 16) and pleaded not guilty to manslaughter by gross negligence and failure to discharge a duty of care.

On March 26, 2016, seven-year-old Summer Grant was playing on the Circus SuperDome inflatable when it was swept 'some distance'.

The youngster from Norwich suffered serious injuries and was rushed to Princess Alexandra Hospital, but sadly died a few hours later.

Prosecuting counsel, Tracy Aylng QC, called Summer's father, Lee Anthony Grant to the witness stand on Tuesday.

On March 26, 2016, dad Lee, from Harlow, visited a funfair with his mum and two daughters in Harlow Town.

Mr Grant said: "I think my sister was standing talking to me and I heard my mum screaming 'No!'".

Shouting

"I looked over and the bouncy castle within seconds had blown up in the air and I remember shouting 'my daughter is on that bouncy castle'."

"I saw a cable or a rope that was holding it down fly up in the air and I saw it hit the caravan and blow over the field."

He continued: "Then I started running. It went about 30 to 50 feet in the air rolling down the field, just rolling, rolling, rolling."

"I think it hit a tree. At the end of the field it came to a halt and hit a fence. I couldn't find her. I couldn't find the entrance to the bouncy castle as it had deflated."

Ms Aylng asked what he remembered about the weather that day.

Mr Grant replied: "It was spitting lightly and a little bit windy, nothing to think the bouncy castle would blow away."

During her opening speech the prosecution read from Mr Thurston's police statement: "He said



Tributes left at Harlow Town Park following the death of Summer Grant on March 26, 2016

he heard someone scream and saw the dome lifting away. He said he ran after it, he went to the emergency zip and shouted inside but got no response.

"He saw Summer lying six feet away from him, got her out of the dome and laid her in the recovery position."

Ms Aylng told the jury how an eyewitness will describe seeing the top of the SuperDome bouncy castle lift in the air, cartwheel down the hill and only stop when it crashed into a fence at the bottom of the park.

She also read out Shelby Thurston's statement to the court, which read: 'At about 4pm, I was about to close the bouncy castle as my husband was checking the weather and taking down the large slide.'

"One little girl was in the castle and I was going to close it when she got off."

"All of a sudden it took to the air, sliding down the hill and hitting the fence. The little girl was in the castle all the way."

She also told police that she was 'addicted' to the Met Office app as their business depended on it.

Speaking of the incident, she told police: "A massive gust came out of nowhere."

The Thurstons, who own three inflatables, the SuperDome



Shelby Thurston and William Thurston leaving an earlier pre-trial hearing at Chelmsford Magistrates court on August 16 last year.



Do you know who this man is?

Police want to speak to man about bike thefts

OFFICERS from British Transport Police have released a CCTV image of a man they want to speak to in relation to bike thefts from Harlow Town train station.

The thefts happened on separate dates.

On both occasions a man was seen to enter the cycle storage areas and cut the locks off the bicycles in question.

The first incident was reported to British Transport Police on January 39 this year, with the second incident taking place at approximately 7pm on February 23.

Incidents

Officers believe the man shown in this CCTV image may have information which could help the investigation into both incidents.

Information can be passed to the police force by sending a text to 61016 or by calling 0800 40 50 40 quoting reference 300.

Alternatively, you can call Crimestoppers anonymously on 0800 555 111.

A spokesman for British Transport Police said: "Unfortunately, bicycles remain a popular target for opportunistic thieves and officers would like to remind cyclists on bicycle security."

"Remember to use strong, durable locks and ensure that your bike is registered at www.bikeregister.com."

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'I moved from Afghanistan because I was frightened for my life everyday, now Teens and passers-by are treated by medics after spray attack with an unknown substance'

By Hannah Kane

hannah.kane@essexlive.news

Harlow has been dubbed "as bad as Afghanistan" following an unknown substance attack outside a pizza takeaway shop.

Police and paramedics rushed to The Stow at around 7.30pm on Saturday night (April 14), after two teenagers were sprayed in the face with the substance.

Shortly before, the victims became involved in a verbal confrontation with two men outside Essex Pizza in The Stow in a service bay.

One of the men was then reported to have sprayed an unknown substance in the teenagers' faces.

The substance also affected a number of people who were in

the area at the time but who were not involved in the altercation.

Emergency services rushed to the scene, with a witness reporting that eight emergency vehicles were present.

Those affected by the substance were treated at the scene by paramedics and no-one was reported to be seriously injured.

Area

In the wake of the incident, one Harlow resident has compared the area to Afghanistan.

The resident, who also works at Farmhouse Pizza in The Stow, fled the Middle Eastern country eight years ago at the height of the conflict.

The takeaway is next door to Essex Pizza, and the man, who

wishes to remain anonymous, was also present when the attack occurred.

He said: "One customer was waiting for pizza and one guy came and pulled his arm around and something came out."

"We ran and then I was sick. I felt weak and short of breath."

"We get a lot of people hanging about just doing nothing. It's worrying because it's where I've lived for eight years and I moved here from Afghanistan."

"I moved because I was fighting for my life everyday and now this is happening here and it makes you think why am I here?"

"It's getting just as bad."

Police have issued a description of those responsible for the

attack. A spokeswoman for Essex Police said: "Enquiries are ongoing to locate the suspects."

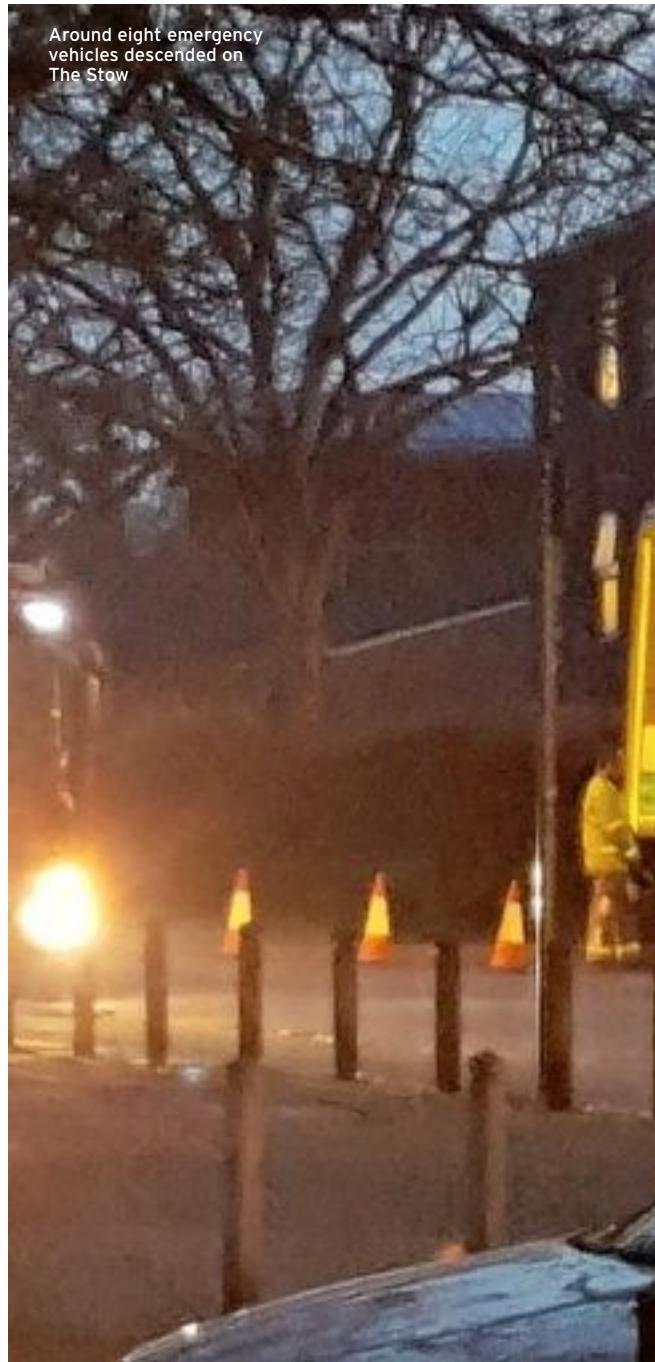
"One of the men was described as white, aged between about 35 and 45 and of a stocky build."

"He had blond wavy hair, was about 5ft 8 and wore a green jacket."

"We want to speak to anyone who saw what happened or has any information that could assist with our investigation."

"Contact Harlow CID on 101 quoting incident number 1038 of April 14."

Alternatively, you can call the Crimestoppers charity 100 per cent anonymously on 0800 555 111 or use the anonymous online form at Crimestoppers-uk.org.



Essex Pizza on the Stow, Harlow. One witness was physically sick following the incident

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Robert Halfon,
MP for Harlow

MP asks Minister to help police tackle antisocial behaviour in town

By Tommy Wathen
newsdesk@essexlive.news

Harlow's MP has called for support from the police to tackle antisocial behaviour after the teens were attacked with the substance.

Following the weekend's events at the Stow, Harlow MP Robert Halfon has called on the Government to support local police in tackling serious crime and anti-social behaviour in Harlow.

Addressing Policing Minister Nick Hurd in the House of Commons chamber on Monday (April 16), Robert Halfon said: "For a number of years, the Stow area in Harlow, including businesses, shop keepers and residents, has been blighted by anti-social behaviour. We had a tragic death of a Polish man in 2016 and only last Saturday someone was spraying CS gas and

causing shops to shut.

"Whilst welcoming the extra police in Essex, would the Minister have urgent talks with the police in Harlow and do what he can to help us deal with this anti-social behaviour?"

In response to Mr Halfon's question, Mr Hurd replied: "I have read about the incident in the Stow and it sounded extremely unsettling for [Robert's] constituents who he is tirelessly acting on behalf of.

"He was one of a number of Essex MPs who lobbied me on behalf of the Regional Police and Crime Commissioner to allow him to increase his precept which is allowing him to invest in an additional 150 Police Officers across Essex.

"And, of course, I will join him in speaking with the Police and Crime Commissioner to give assurances to his constituents."

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Councillor demands a maintenance contract review as funding drops by £15m

Roads reach 'crisis' point as funding to potholes falls

By Piers Meyler

piers.meyler@trinitymirror.com

THE state of Essex roads has hit 'crisis' point after the amount spent repairing individual potholes has dropped by almost £15 million in three years.

The operations of Ringway Jacobs – which began its highways maintenance contract with Essex County Council in 2012 – have also been called into question.

Drivers are being warned that the dire state of Essex roads may deteriorate even further as funding is relocated to larger and more expensive capital projects to surface whole sections of road rather than individual potholes.

While the repair of potholes is

primarily a revenue activity – the funding of which comes from a combination of central government grants, council tax receipts and business rates – the total spent on roads maintenance from this cash stream has dropped from £19.613m in 2014/2015 to £5.014m in 2016/2017.

Capital funding for road maintenance – which is financed from a range of sources including borrowing and capital receipts as well as central government grants – has increased from £42.182m in 2014/2015 to £60.419m in 2016/2017.

Essex Highways say that roads maintenance funding pays for a rolling programme of works that aims to improve the condition of

the road and stop potholes forming in the first place.

However motorists are being warned the drop in revenue funding may lead to an increase in problems across the county's road network.

David Kendall, Liberal Democrat county councillor for Brentwood South, said: "The reality is our road network is in crisis at the moment."

"I can speak personally about Brentwood and in Brentwood, there are potholes and road defects all over the place. It's only going to get worse. The waiting times to get things done is getting ridiculous and the damage to people's cars is getting ridiculous."

Essex County Council has pledged extra crews to tackle potholes after criticism from County Councillor David Kendall



Cllr Kendall has now asked for a task and scrutiny group to look at the Ringway Jacobs contract – which started in 2012 and is due to finish in 2022, with the option of a five-year extension.

He said: "I have asked for a full review for the Ringway Jacobs contract. Is it value for money? Is it fit for purpose? Is it doing the job it is designed to do? Are residents getting best value for money?"

"In a number of areas, members across the parties have concerns.

"That review needs to happen sooner rather than later."

Essex County Council says it is committed to investing in some major road improvement projects – including a new Junction 7A for

the M11 and a new multimillion pound project to improve the Fairgreen Interchange.

In response to the issues raised by Cllr Kendall, Ian Grundy, cabinet member for highways at Essex County Council, said: "We constantly review our contracts, whether large or small, to ensure that we receive the best value for taxpayers' money."

"We have clear annual Key Performance Indicators in our contract with Ringway Jacobs that include criteria on increasing efficiencies through improved practices and innovation."

"As Cllr Kendall already knows from February's full council, officers at Essex County Council had already planned to continue

its review of the Ringway Jacobs contract as we enter year seven of the partnership.

"At that same council meeting, I announced an additional £3 million revenue funding for 18/19 to fix issues such as potholes."

"On top of this, the Department for Transport has since announced that it would be giving Essex £2.6 million in pothole funding for the next year. This increase has already seen an additional ten crews on the network fixing the issues that have arisen as a result of the recent cold weather."

"I'd like to thank residents for their patience and ask them to show the same support and gratitude to our road repair crews."



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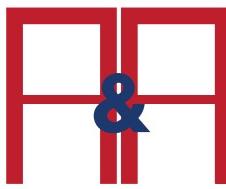
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FINANCIAL DEPOSIT ALLOWANCE	TOTAL AMOUNT PAYABLE	ANNUAL MILEAGE	DURATION OF AGREEMENT	FIXED RATE OF INTEREST	REPRESENTATIVE APR(FIXED)
£3,250 [†]	£20,103	5,000*	48 MONTHS	5.75%	5.9%



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James will be cooking some of his favourite dishes and afterwards signing his latest book. James Martin's American Adventure. The book showcases 80 recipes from the series and sees him travel from the West of America, over to the East - starting from Napa and finishing in the Hamptons.

And of course, along the way he discovered all the hottest food and recipes from some of America's most iconic locations. He picked up great tips and created his own versions of his favourite dishes too, so we can all make his American Adventure recipes at home. James will be on stage at 11am, 1pm and 3pm on Saturday 12th May.

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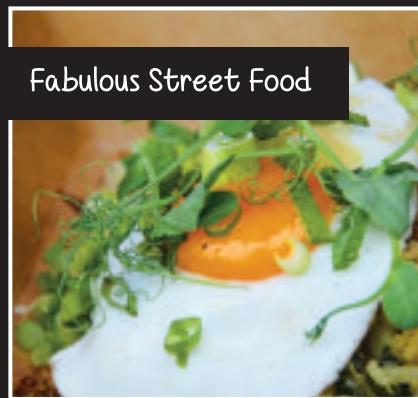


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Bereavements

Laura Margaret ALDRIDGE

Passed away peacefully in Princess Alexandra Hospital on the 30th March 2018 aged 102 years. A long term resident of Sawbridgeworth, she will be sadly missed by her family, friends and all who knew her. Laura's funeral service will be held at Parndon Wood Crematorium on Monday 23rd April 2018 at 4.00pm. Family flowers only please but donations for Age UK may be sent to Daniel Robinson & Sons, Sawbridgeworth. Telephone 01279-722476



Alice
BARTON
"AI"

Passed away suddenly on 18th March 2018, aged 86 years. Much loved Wife of the late Ron, Mother of David & Dawn, Mother in Law to Julie and Nan to Joe & Anna. She will be sadly missed by all her loving family and friends.

Funeral service to be held at Parndon Wood Crematorium on Thursday 26th April at 11.30am.

Family flowers only please but donations for St Clare Hospice may be made online using the "In Memory Pages" at www.drobinson.co.uk or cheques made payable to the charity may be sent c/o Daniel Robinson & Sons, Robinson House, Wych Elm, Harlow, Essex, CM20 1QP. Tel 01279 426990

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Bereavements

Jacqueline BELTON Jackie

Beloved Partner, Mother, Grandmother and Friend Sadly passed away on the 1st of April A Funeral Service and Celebration of her life will be held at St James the Great, Thorley, Bishops Stortford, CM23 4BE on Monday the 30th of April at 11.30am followed by a Wake and a private Cremation. Family flowers only, donations in lieu may be made to either Wood Green Animal Shelter or Macmillan Cancer Support via Daniel Robinson & Son www.drobinson.co.uk/in-memory-pages

Jean BULL

Sadly passed away on 3rd April 2018, in Princess Alexandra Hospital. She will be sadly missed by all.

Now at peace with husband Alec and daughter Brenda.

Loving mother to sons Peter, Keith and Brian. Grandma to Alan & Hazel, Great Grandmother to Marc & Emily.

Funeral service to be held at Parndon Wood Crematorium on Monday 30th April at 1.00pm.

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Maria CAMBRUZZI

Sadly passed away on 26th March 2018, aged 82 years.

Beloved Wife to Paolo, Loving Mother to Dolores & Sonia & Grandmother and Great Grandmother. She will be greatly missed by all her Family & Friends.

Funeral Mass to be held at Our Lady of Fatima on Monday 23rd April at 11.00am, followed by a Burial at Parndon Wood Cemetery at 12.30pm.

Family flowers only please. Donations, made payable to 'Runwood Homes' (Alexandra House) may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP Tel: 01279 426990

Alternatively, please visit the 'In memory' page at www.drobinson.co.uk

Bereavements

Grace CLELAND

Passed away peacefully after a short illness with her family by her side on 15th April 2018 aged 84. Funeral to take place at 11.30am on 2nd May at Parndon Wood. All welcome. Flowers/ donations to Alzheimer's Society. All enquiries to Daniel Robinson's. Her loving sons Peter and Maurice and all the family.

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GILLIAN DAWN COPPING

Peacefully in St Clare Hospice on 6th April 2018, aged 58 years. The beloved wife of Peter, a dear mum to Warren, Kerry and Nicole and a wonderful and loving nan to Dillon, Bella, Oscar and Luke. She will be sadly missed by her devastated mum Irene, her sisters Carol and Denise and all her family and many friends. Gill's Funeral Service is to be held on Tuesday 1st May 2018 at St. Mary at Latton Church at 12.30 p.m. followed by Cremation at Parndon Wood Crematorium. Family flowers only please, donations if desired for St Clare Hospice. Cheques made payable to Charities Account. All further enquiries and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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JOYCE MAY FISHER

Peacefully in the Princess Alexandra Hospital on 6th April 2018, Aged 78 Years. A wonderful lady who will be sadly missed by all who loved her. Joyce's Funeral Service is to be held on Monday 14th May 2018, at Parndon Wood Crematorium at 1.00 p.m. Family flowers only please, donations if desired for St Clare Hospice. Cheques made payable to Charities Account. All further enquiries and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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Bereavements

JOYCE BARBARA FRANCIS

Peacefully in the Princess Alexandra Hospital on 26th March 2018, aged 93 years. A lovely lady who is sadly missed by her devoted daughter Margaret, her brother Stan, niece Barbara and all her family and friends. Joyce's Funeral Service is to be held on Monday 23rd April 2018, at St Mary and St Hugh Church, Churchgate Street, Old Harlow at 2.30 p.m. followed by Interment in the Churchyard where Joyce will be laid to rest with her beloved husband Jack. Flowers welcome or if desired, donations for the Sue Ryder Trust. Cheques made payable to Charities Account. All further enquiries, flowers and donations may be sent to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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Ronald HALL

Sadly passed away on 28th March 2018, aged 86 years.

He will be greatly missed by all his loving family and friends.

Funeral service to be held at Parndon Wood Chapel on Tuesday 1st May at 10.45am followed by burial.

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Albert JENKINS

Passed away on 4th April 2018. Leaving a large hole in our hearts. Beloved, dad, grandad, great grandad and friend. Will be sadly missed by all who knew him. Funeral will be held at Parndon Wood Crematorium on Monday 23rd April at 2.30pm. Carol, Mike, Sue, Grandchildren and Great Grandchildren

Bereavements**MICHAEL GEOFFREY
LAMBERT
“MICK”**

Suddenly in Queens Hospital, Romford, on 6th April 2018, aged 54 years. The devoted husband of Karen, a fantastic dad, son, brother, brother in law, uncle, nephew and friend to so many people. He will be sadly missed by all. Mick's Funeral Service is to be held on Monday 30th April 2018, at the Woolloomsbrook Crematorium, Hoddesdon, at 1.00 p.m. Flowers welcome or if desired donations to the Stroke Association. Cheques made payable to Charities Account. All further enquiries, flowers or donations may be sent to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

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**MOORE
Ingeborg Anna
(Inge)**

Sadly passed away after a long illness on 3rd April 2018, aged 94 years. Reunited with her loving Husband Johnny. She will be sadly missed by her loving daughter Rita, family and friends. Always in our thoughts. We will miss you very much. Funeral service will take place at Great St Mary's Church, Sawbridgeworth on Thursday 3rd May 2018 at 2.00pm followed by burial at Sawbridgeworth Cemetery. Flowers and all enquiries to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Tel: 01279 722476

**Clive
PEACOCK**

Peacefully passed away on 12th April 2018 aged 62 years. He will be sadly missed by his loving wife Lonneke, daughter Kelly and brother Laurence and all family and friends. The funeral service will take place at Parndon Wood Crematorium on Wednesday 25th April at 4.45pm. Family own flowers please, donations to "Macmillan Nurses" may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford, CM23 3AL or via Web In Memory Page www.drobinson.co.uk

**STEVE
POOL
(Moana-Merle)**

Died peacefully at home on the 24th March 2018.

A vibrant and spirited Kiwi who made Harlow her home, she will be missed by family and friends. Funeral at Parndon Wood Crematorium on Friday 20th April at 4pm.

Garden flowers only or donations to The Commonwealth War Graves Commission sent to Daniel Robinson Funeral Director, Wych Elm Harlow, CM20 1QP.

YOUR MEMORIES
ARE NEVER
FORGOTTEN ONLINE

family-announcements.co.uk

Bereavements**Audrey
PRITCHARD**

Passed away on 28th March 2018 aged 90 years. She will be sadly missed by her beloved husband Sid and all family and Friends. The Funeral Service will take place at Cam Valley Crematorium, Great Chesterford CB10 1FE on Tuesday 24th April at 10.00am. Family flowers only, donations to "British Heart Foundation" may be sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford. CM23 3AL. or via Web in Memory Page www.drobinson.co.uk

Search any announcement online or place a notice 24/7

**Margaret
WILSON**

Passed away peacefully on 27th March 2018 aged 84 Years. She will be sadly missed by family & friends. Funeral service to take place on Monday 30th April at St Marys Church Stansted at 2.00pm followed by a burial in the churchyard. Family flowers only please, donations for Red wings Sanctuary c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford Herts CM23 3AL Tel 01279 655477

**Priscilla
WITCOMB
“Sylvie”**

Passed away peacefully with her family at her side on 27th March 2018, aged 75 years. She will be greatly missed by Husband Bob, her children Roy, Paul, Janine & Rob and all her loving family and friends. Funeral service to be held at Parndon Wood Crematorium on Tuesday 24th April at 3.15pm. Flowers may be sent c/o Daniel Robinson & Sons, Robinson House, Wych Elm, Harlow, Essex, CM20 1QP Tel 01279 426990

In Memoriam**WIN****COX**

Passed away on 15 April 2009

Remembered with love by
Barry, Gail and Russell

**JOHN
MONK**
Treasured
memories of my
dear Husband
who passed
away April 24th
2013. Always in
my thoughts.

Your Loving
Wife Joan
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SALLY
(Sals)**27th April 1962 -
21st April 2012Special memories of
our loving daughter
and sister.

There's always a face
before us, a voice we'd
love to hear, a smile we
will always remember,
of one we hold so dear.
Deep in our hearts
lies a picture, more
precious than silver or
gold, it's a picture
in our hearts and will
always love to hold.

Love and miss you
always,
Mum, Mes and J.C
xxx



SLOMINSKI Rudi - Dad &
Grandad Died 22/04/09 Much
missed Love Marlene, Carl, Steven &
family xx

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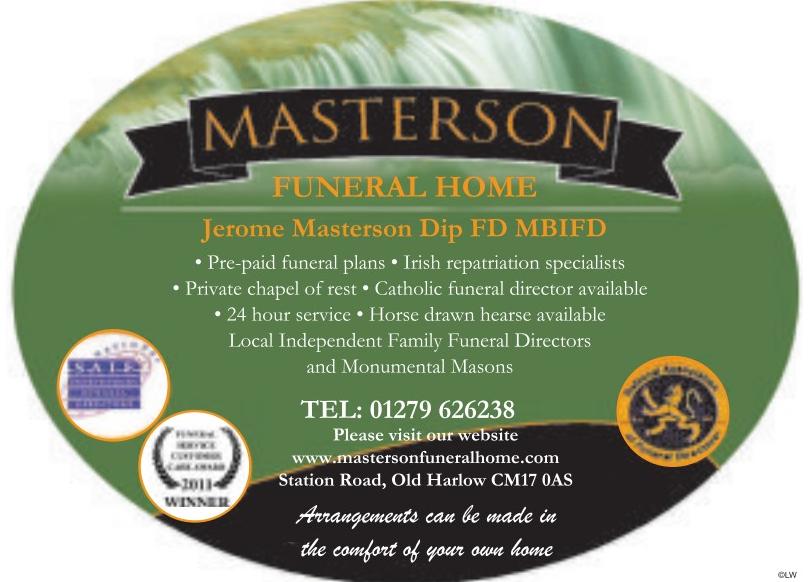
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YOUR VIEWS

LETTERS

Get in touch - tell us what you think

Email: community@hertsessexnews.co.uk

Twitter: [@Harlowstar](#)

Facebook: [/HarlowStar](#)

Too many people under one roof

I HAVE long been concerned about the damaging effects uncontrolled growth of HMOs has had on many residents and neighbourhoods in Harlow.

An HMO is a rental property which is occupied by 3 or more people who form separate households and share facilities such as kitchen and bathroom.

In Harlow all HMOs have to be licensed by the local authority.

The adverse effects HMOs bring to our communities are parking problems, additional vehicles, excess rubbish, noise nuisance and anti-social behaviour.

Neighbours are driven to move away rather than put up with these problems.

“
Neighbours are driven to move away rather than put up with these problems
Sheila Sullivan

have much in common with Harlow. Stevenage's A4D came into force last September. Harlow's is long overdue.

Sheila Sullivan
Morley Grove, Harlow

Take advice from constituents

WHILE it is excellent that Harlow's MP Robert Halfon is delighted about possible funding from the Housing Infrastructure Fund, sadly he fails to reflect on, or ignores, some of the fundamentals behind the project he so readily gives his backing to, as a Member of Parliament.

1. The project he is extolling is the largest release of Green Belt land in England and the case for that has yet to be made; his

colleagues, the Prime Minister and Secretary of State for the Ministry of Housing Communities and Local Government have yet to make a decision and have reminded everyone of the strategic importance of the Green Belt.

I wonder if it would all be so different had the site been in the Prime Minister's constituency of Maidenhead.

2. The proposal, we are all assured, is being proposed under the Garden Cities principals so landowners have undertaken, should the scheme be agreed, to make the increase in land value available to fund the needed infrastructure, that it seems will generate over £1bn of income.

Despite repeated requests nobody is willing to tell the Community how this will

work - what will the money be spent on and should this be a deal done behind closed doors with no public scrutiny?

Will Robert Halfon champion openness on this matter; is the extra taxpayers money he talks about additional, or in substitution, it is not unreasonable to know this, after all taxpayer funds are scarce.

3. Robert Halfon also is extolling a proposal to run a dual carriageway through the middle of an established community, taking out or badly affecting homes, a children's play area and business premises but the image used does not reflect this reality.

I hope Robert Halfon will help us to understand how the proposal he is supporting makes a quality place, we

think it does the opposite but if he feels such a proposal is merited maybe he will champion it construction through Harlow?

The current road is a 'C' road with a weight restriction.

4. Harlow has opportunities to create more housing to satisfy its needs within its existing boundaries. Why not look that as a solution? Is that too difficult?

Mr Halfon, please talk to the communities affected, and your neighbouring MP, to understand the implications of your enthusiasms.

Anthony Bickmore
Chairman
Hunsdon, Eastwick and Gilston Neighbourhood Plan Group



PHOTO
of the week

Night sky over Passmores, Harlow, taken by Kristaps Abelnieks

WEBCHAT

The hot topics our readers have been discussing on social media this week

■ ESSEX'S ROADS AT 'CRISIS' POINT AS POTHOLE FUNDING PLUMMETS:

Harlow is just one giant pothole!!!

Angela Jeffries

Southern Way between Bush Fair and Latton Bush Centre...hard to avoid them.

Ian Crosby

Southern Way is the most dangerous they are massive along there.

Jenny Lee

M11 was so dangerous today from Harlow to Stortford junction. So many potholes!

Alexia Clements

Yep sounds about right. It's cost me two new tyres and a broken coil spring.

Ellie Bryant Webb

Has been for years but now it's ridiculous.

Rob Walker

Harlow is terrible for potholes.

Lauren Leigh Ozzeki

Harlow IS the pothole crisis!!!

Wendy Dongworth

Yes it is!!!!!!

Kerry Barrow

■ DRIVERS COULD FACE A £70 FINE FOR PARKING ON PAVEMENTS IN ESSEX

There are too many large industrial vehicles being brought home from work and it's causing a real problem in Woodcroft.

Lucy Hannay

Some people have no choice but to park on pavement as roads are to narrow for cars to park both sides and other vehicles would not be able to get through. So do we penalise people for being thoughtful to allow Emergency vehicles through.

Graeme Stock

Oh yes, it's got to be controlled. But maybe white vans blocking the entire pavement, not to mention blocking view of road for other drivers, should be targeted first.

Ann Crisp

They will make a killing if they come down St Johns Avenue.

Most of us residents have drives but people from out of the area use the local shops, train station or Victoria Hall and park down here. Nightmare.

Sarah Jennings

Good, because the amount of drivers around Harlow

that park covering nearly the entire pavement, forcing pedestrians and people with push chairs into the road to get past, is ridiculous. I hope this also includes people who park too close to junctions so you can't see properly when pulling out.

Peter Moulds

If they were to spend the funds raised making parking provisions like they have in some areas yes. Otherwise utter stupidity there isn't enough parking they don't even provide sufficient parking in new areas, this town is over 70 years old and wasn't designed for so many cars, no one could

have imagined families with three or four cars, plus perhaps a work vehicle. The fact they park on the pavement and I don't like anyone who parks near junctions or over dropped kerbs. But where does anyone think they will be able to park instead? Plus parking a commercial vehicle away from home where you can keep a semi eye on it means increased thefts from vehicles as there are so many scumbags around. Fact is too many cars not enough parking just a way to rob hard working people yet again by fining them !!

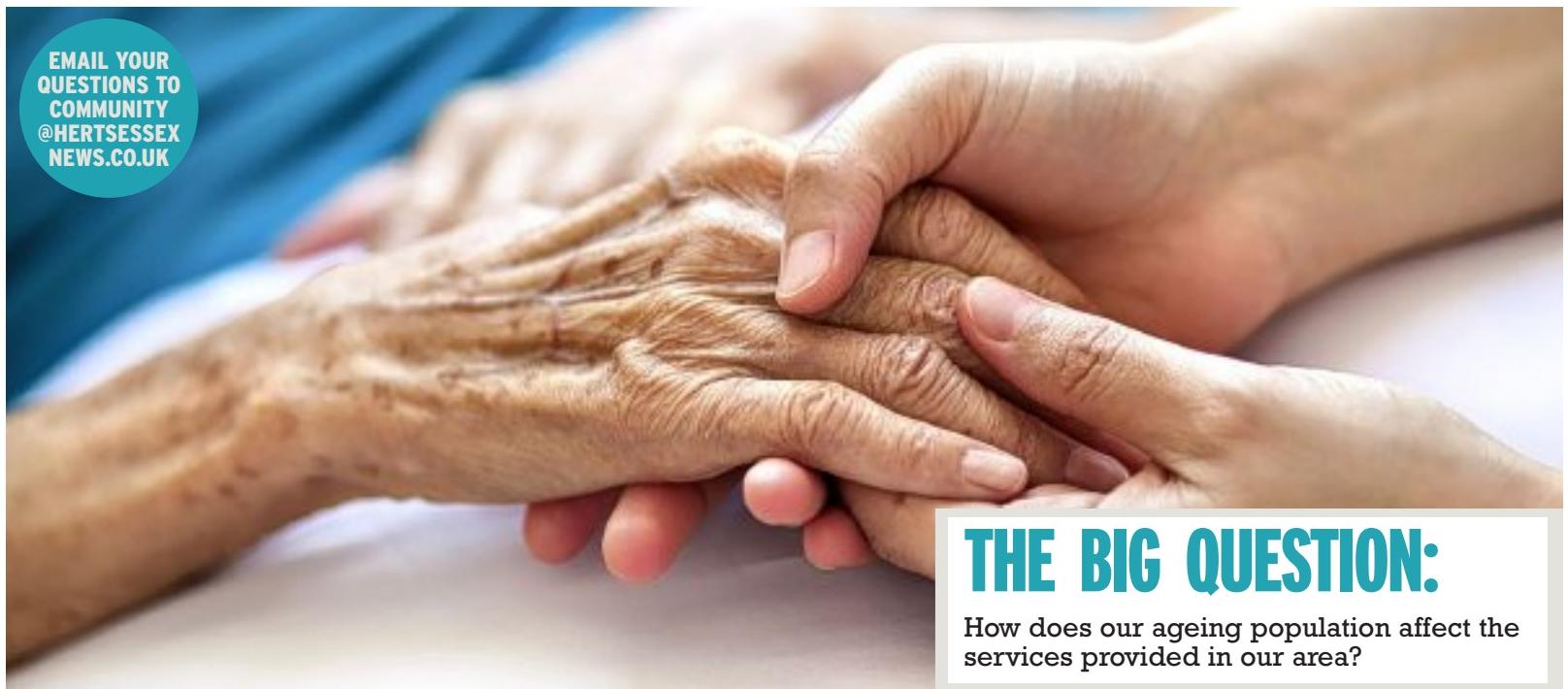
Kim Burns

EMAIL YOUR PHOTOS TO US AT COMMUNITY @HERTSESSEX NEWS.CO.UK

TALKING POINT

How do we address the problem of an ageing population needing care?

EMAIL YOUR
QUESTIONS TO
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THE BIG QUESTION:

How does our ageing population affect the services provided in our area?

UKIP



Mark Gough

OUR population across the Country is growing for two main reasons, firstly the ageing population, and the second the increases in Immigration in the last two decades. Both are on the face of it good news - people are living longer, and new people are coming to enrich our Country and meet our skills shortage.

However, the problem for our services is that we end up moving to an increased dependent population who have served our Country, and deserve their retirement, but no longer pay into the tax pot to help pay for those services in the same way they did. The percentage of the population in work is decreasing, at the same time

as wages are being kept low and the economy is still trying to fully recover. Getting back control of all our own decisions with Brexit will definitely help us make decisions in our own interests.

In the last two General Elections UKIP has promised more money for the NHS, Social Care and Mental Health than any other party - because it's about priorities. Similarly, we would create a dedicated Veterans Minister to look after the needs of our heroes. The prices of energy services need to reduce to reflect the needs of the elderly too.

But it's also those services the older population rely on. A decent home, the local bus service, decent pavements to walk on, the Local Post Office and shopping hatch. They are probably even more important to them.

But to me, the most important service is priceless - the friendly neighbourhood community spirit that makes Harlow the place it is, and why we all keep a look out for those elderly neighbours, and each other!

HARLOW ALLIANCE



Nicholas Taylor

HARLOW was known as a pram town. Sixty years on and the number of elderly people in comparison to those under forty has shown a marked increase. As more people live to be even older, public services have had to adapt.

One of the consequences of an ageing population is that many people cannot go upstairs in their home unless they have a stairlift, their bathrooms need to be adapted, access ramps have to be constructed and they

family home.

Given the chance many would be prepared to downsize, to accommodation which is all on one level, with a small garden but still close to their friends and old neighbours.

With bungalows at a premium in Harlow, those for sale are often more expensive than the house that someone wishes to vacate so they are beyond peoples reach.

Building a bungalow is cheaper than building a house so it is more cost effective. Huge sums of money could be saved by social and health care providers and spent elsewhere if older people were able to choose to live in more suitable accommodation.

Bed blocking in hospital is often a direct result of a patient not being able to return to their unsuitable home. Houses would be freed up so that families could occupy them again.

Building 10 bungalows could in turn help up to forty families and individuals to live in homes which are better suited to them.

YOUR EDUCATION NEWS

Youngsters pick up advice on how they can build their best future

YOUNG people from Harlow and Epping found their own genius as they began building their futures.

The students from Burnt Mill Academy and BMAT STEM Academy, in Harlow, and Epping St John's School, in Epping, came together for the first Burnt Mill Academy Trust (BMAT) careers day.

The Build My Future event, at BMAT STEM Academy, saw 100 Year 9, 10 and 11 students complete a personality questionnaire to establish their strengths before looking at developing skills needed for the world of work.

Careers advisor Hayley Lancaster, of All Together, works with the Trust to give students inspiration for their future career paths.

She delivers careers programmes and gives one to one guidance to students, including completing college, apprenticeship and university applications.

She said: "The students have been amazing. We want them to take away from this the message that everyone can be a genius in their individual way. They have discovered themselves and taken the opportunity to have conversations with real employers to seek advice and

guidance."

Colleague Amanda Sims spoke with students about finding their individual genius and explained how everyone has a strength need to discover and work to.

She told them: "Today is about making you think about your futures in a different way. Your futures are, as yet, unwritten. You are here today to start thinking about how you create your own future.

"Mixing with students from other schools will help to build your confidence. When you meet new people in life, new opportunities happen."

Students also attended sessions on writing personal statements and CVs and learnt about apprenticeships, before meeting with visiting local employers during a careers fair.

Year 10 students from Epping went along on the day. Harper Kubaisi said: "It has been really interesting. It has given us things to look at to help us to find a job which matches us.

"I don't yet know what I want to do, but today has helped me to start thinking about it."

Her teacher Sonia Ahmed,

lead practitioner in science, said: "I am so impressed with how the students have embraced this opportunity. Mingling with students from other schools has helped to boost their confidence.

"I think they will go away from this thinking about the options open to them."

Employers on the day included Princess Alexandra Hospital, Lloyds Bank, Bank of England, Raytheon, GlaxoSmithKline, Pearson, Anglia Ruskin University, HNE Media, Pure Structures Ltd, Construction Industry Training Board, Sporting Futures and Hertford Regional College.

Joseph Lawson, a structural engineer from Pure Structures, was pleased to see students interested in a career with his company.

He said: "We are here to open their minds and help them to understand about structural engineering.

"We are working closely with BMAT STEM as they are focusing on the engineering route, which helps us. It is great that students come to us already having an interest in the work we do.

"I wish there had been a day like this when I was at school."

BMAT STEM works closely



Students met with local employers including Princess Alexandra Hospital



100 Year 9, 10 and 11 students complete a personality questionnaire

with local employers as it trains young people to become the next generation of workforce. She said: "Today has given students an opportunity to speak with a range of local employers and to find out what career

options are available to them, so they can start to plan their futures."

Shawki Bakkar, assistant headteacher at Burnt Mill, took Year 9 and 10 students along. He said: "Many students will have come

along today not knowing exactly what they want to do with their futures, but hopefully this gives them a push in the right direction.

"It is a really positive thing and great to create links with local employers in this way."

Talented Dylan cooks up a storm to impress celebrity chefs Rick Stein and Brian Turner

THE national final of Futurechef, the prestigious competition for aspiring chefs aged between 12 and 16, took place recently at Westminster Kingsway College, London.

Year 9 student, Dylan Willett was representing Passmores Academy as Regional Champion for London and the Southeast.

Dylan had earned his place in the final after working his way through a series of challenging heats against other talented young chefs,

including his best friend and classmate Ross Blackshaw.

Having fought off competition from the 12,000 young hopefuls who originally entered, Dylan was one of 12 finalists hailing from schools across the country. Dylan achieved an admirable fifth place overall.

The judging panel included celebrity chefs Rick Stein and Brian Turner, as well as other experienced industry professionals. Contestants were measured against a set of stringent

judging criteria. Dylan received highly positive feedback, and experience which will be invaluable for his further development as a chef. As he will be eligible to enter the competition for another three years, Dylan plans to return next year and will continue to strive for the coveted first place.

Dylan's teacher, Emma Jameson said: "Many influential representatives of the food industry attended, and Dylan was very professional and mature

when talking to them about his dishes and aspirations to become a chef.

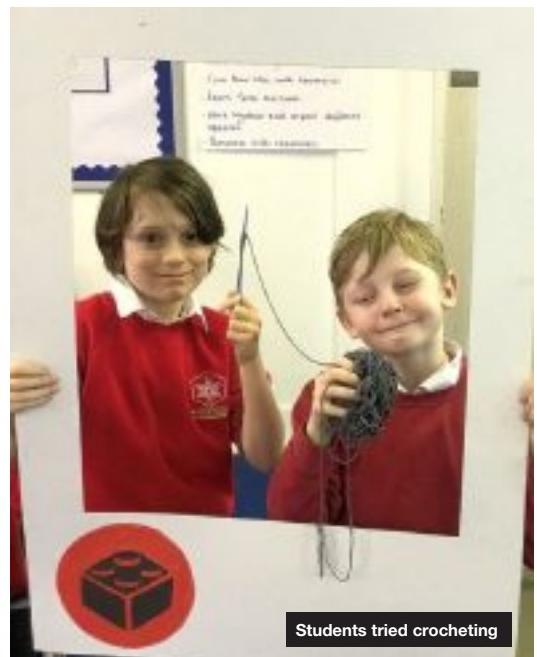
"He has a passion for cooking and presents dishes which are of an exceptional standard.

"This has been an amazing experience, and I would like to thank Dylan and Ross' mentors, Glenn Evans and Ben Nottage for their support. I'm excited to say that both boys intend to enter again next year and are eager to start planning their dishes."



Year 9 student, Dylan Willett came fifth

Engaging 'out of the box' lessons for pupils to explore their sense of self



ON Friday, February 23 Abbotsweld Academy Harlow launched their new and exciting Sense of SELF.

Sense of SELF aims to widen children's school experiences by giving them an opportunity to learn new skills that will help them become life-ready.

The programme is embedded into the curriculum and covers a

wide variety of wonderful experiences. SELF cleverly encompasses Social, Life Skills, Exposure and Fascination and teachers have planned a series of engaging 'out of the box' lessons to inspire and broaden children's thinking. From crochet to egg care, pizza making to discovery of new countries and healthy living, the list goes on.

Parents were invited to take part a workshop and have breakfast with the head of school to find out about this new direction. Local businesses were invited to get involved.

Abbotsweld Sense of SELF launch day worked in partnership with Babylicious Balloons and Event Décor, Leanne's Crafty Cupcakes, Hoggs Fitness, Mummy B's

Sweet Treats and The Prince's Trust.

These valuable links added a new dimension to the launch event and are at the essence of what the SELF programme is all about.

Working with the local community is an essential part of Abbotsweld Academy. Educating the future citizens of Harlow underpins the SELF programme.

The children thoroughly enjoyed the day some stating 'it was the best day ever!'

Another pupil said: "I loved experiencing all the different lessons and learning new skills like crochet".

The level of excitement and appreciation was also felt by parents. Parents gave feedback on the day:

"Such a fantastic morning

and a fundamental part of learning."

"Brilliant idea and would be interested to come to the next one."

"Excellent morning, very impressed – I think the children are very lucky to be given these opportunities."

If you think you could support Abbotsweld in the future please email: office@abbotsweld.netacdemies.net

Well done to all the girls who battled through the Beast from the East

DESPITE the 'Beast from the East' returning and cutting short the netball tour in Shropshire last weekend, Freman College netballers all managed to play a few matches and also make use of the outdoor facilities, including abseiling and high and low ropes. Well done to all of the girls for battling through.

The college was well represented in the Herts Schools Games week, with some terrific results.

Congratulations to the U14 boys rowers who finished second in the county competition, just losing out on the gold by two seconds.

The U14 girls rowers finished fourth in their competition. Erin Norton

went on to win a bronze medal in the individual 200m row.

A great afternoon of basketball for the Freman U14 girls at the Herts Schools games. Third in their group, just missing out on a semi-final place.

The U14 and U16 girls fought hard in the Futsal competition. The U16 Girls finished third in their group, narrowly missing out on a place in the semi-final.

The Upper Sixth BTEC students were inspired on meeting nine times British boxing champion and motivational speaker, Hannah Beharry, on finals day. The students had a question and answer session with Hannah, where they

were able to quiz her about her training regime and diet, as well as asking advice on accelerating their own careers in sport.

Elsewhere, congratulations to the A and I Year boys basketball teams on winning the Bishops Stortford District finals. Two convincing wins from two strong teams. Well done gentlemen.

Finally, they were truly delighted to announce that the I Year boys won the county rugby final for the first time. A thrilled Mr Green said: "So proud of these boys. They played amazingly, never giving up, they were a real credit to Freman College. Well done boys and enjoy the rest of your evening by revising!"



YOUR YESTERYEAR

The greatest sports event 'ever staged in the town'

FOLLOWING the Olympic Games in Rio during the summer of 2016 and this year Winter Olympics in Pyongchang, it is clear to see that there is a whole host of sporting talent still to be celebrated worldwide, writes *Ryan Karolak, of Harlow Museum, with the assistance of Zoe Forbes.*

Back in May 1960, Harlow was host to an event noted as being "undoubtedly the greatest sporting event ever to be staged in Harlow".

It was reported in the Citizen on May 6 that year with a headline stating that 2,500 attended the Sportcentre's first meeting on Saturday, April 30. A full page of photos was printed showcasing the athletes and their achievements. It was to be a day of athletics with both British and international competitors celebrating the opening of the new Sportcentre.

Of the 72 athletes taking part in the games, four managed to reach the necessary Olympic standards to compete in the 1960 Rome Olympic games. These were the sprinter Dorothy Hyman, distance runner Stan Eldon, hurdler Bob Birrell, and shot putter Arthur Rowe, who managed to throw a distance of 60ft, beating the Olympic qualifying distance by more than 4ft.

Praise came from both the crowd and competitors with Stan Eldon, having just won the Southern Counties' AAA six-mile championship, telling the Citizen: "It's very good. It's not too fast – no new track is – but some pretty good times have been done this afternoon."

"It's far better than the Welwyn track was when I ran on it last year. And it's nicely situated too."

Considering there were an estimated 2,500 visitors it was, perhaps, surprising that Len E White, a key figure from the Harlow Development Corporation commented that the event "just about broke even" but

that they were "not disappointed" as the feeling was that the idea of going to see sporting events at the centre would grow on the people of Harlow. Mr White, alongside the Harlow Sports Trust, took time to praise the organisation and staffing of the event, with greater praise from the athletes commenting on the quality of track and facilities available.

The Sportcentre remained popular into the 1970s and 1980s with further expansions being made on

Some of the crowd at the first athletics event held at Harlow's Sportcentre

its now 20-acre site run by Harlow & District Sports Trust. It now had a multi-purpose sports hall, ten squash courts, a sauna site, tennis facilities, and even an artificial ski slope.

The benefits of these

facilities, along with those around the Harlow area such as the Outdoor Pursuits Centre (a place that if you read last week's story would see how far that goes back), located on the River Stort; an international-size swimming

pool; a cycle racing track; and facilities for rugby, were evident from the successes of the youths in Harlow, many of whom attained international recognition for their sporting achievements.

Although the Sportcentre is

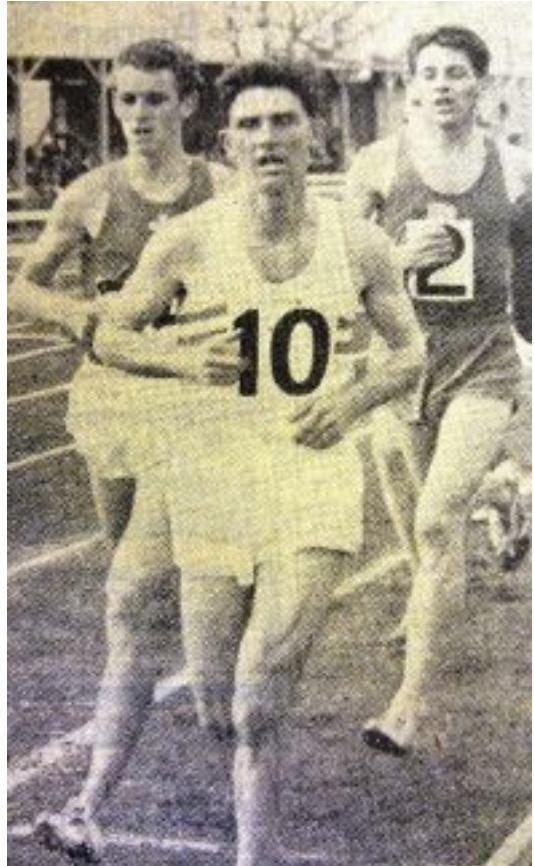
no longer there, it is important to recognise Harlow's sporting achievements and there are still many places throughout the town and its surrounding areas in which to partake in some sporting activities.



A 1976 image of the squash centre and Sportcentre, seen from Hammarskjold Road



A model of how the Sportcentre, public library and open spaces were envisaged in a 1950s model. The plan looks west from the perspective of Harlow Town Park towards Ram Gorse and Little Pardon



Left to right, DJP Richards, Stan Eldon, and Alan Perkins midway through the Southern Counties' six-mile championship in 1960 at Harlow

YOUR CHARITY NEWS

There's still time for runners to fundraise for the hospice

THIS Sunday a team of nine runners will be tackling the world-famous London Marathon in aid of local charity, St Clare Hospice.

The runners will represent the Hastingwood-based hospice at the UK's largest marathon, taking on the challenging 26.2 mile route through the capital.

Six of the runners received Gold Bond places for this year's marathon and were chosen by hospice staff from a host of applicants all vying to run for Team St Clare.

Three additional runners chose to run in aid of the hospice after securing their own place through the ballot.

The charity is still hoping those lucky enough to secure a ballot place of their own will get in touch and fundraise for St Clare Hospice, with no minimum fundraising target required.

Competing with Team St Clare on Sunday are Ray Cogan, 35 from Stansted, Clare Birch, 49, from Little Hallingbury, Rebecca Dolan, 27, from Much Hadham, Kim Bird, 61, from Bishops Stortford, Luke Hayes, 26, from Sawbridgeworth, Tamsin Dowsett, 30, London, David Henderson, 49, Buckhurst Hill, Ian Longman, from Harlow, and Rosie East, from Waltham Abbey.

The group is aiming to raise a combined total of more than £15,000 of much-needed funding for the West Essex hospice charity –

enough to fund more than four weeks of care from their Patient and Family Support Team, which includes bereavement counselling, practical support, therapy for young people and families, and spiritual care.

Clare Birch, who is running the London Marathon for Team St Clare, said: "I'm really excited to run the London Marathon. I was so pleased to get a place – it's one of those things you always want to do but you never expect to be able to do it, but now it's happening."

"St Clare is such a sunny place – it's bright and everyone is so lovely. Although I've never really been a runner before, and the marathon will be a big challenge for me, the hospice is such a good cause that I am willing to accept it to raise vital funding!"

St Clare Hospice's challenges and events fundraiser, Emma Broadbent, said: "As always, we are so excited for Team St Clare to compete in the London Marathon. Taking part is a one-of-a-kind event, famous all over the world for its incredible atmosphere and prestige. Competing in the event is such a special way to support St Clare, as well as a once-in-a-lifetime opportunity."

Appealing for more people to join the team, Emma said: "If you were one of the lucky 17,000 people to secure a ballot place, St Clare needs you!"



The St Clare Hospice London Marathon running team meet at the hospice in Hastingwood

"There is still time, if you received a ballot place, to decide to join Team St Clare and help us generate much-needed funds for our hospice care."

"Put your ballot place to good use and turn it into an opportunity to help local families in need of our care."

You won't have a minimum target to raise for us, but you will receive all the support, encouragement and satisfaction of being a part of Team St Clare."

If you have your own ballot place for the London Marathon and would like to run for Team St Clare,

contact their challenges and events fundraiser, Emma Broadbent, on 01279 773754 or email emma.broadbent@stclarehospice.org.uk

If you would like to support Team St Clare, you can find each of the St Clare London Marathon runners' sponsorship pages

online by searching for their name on the Virgin Money Giving website: www.virginmoneygiving.com

If you have been inspired to take up a challenge for St Clare Hospice, visit www.stclarehospice.org.uk/get-involved/challenges for more information.

BEARS charity is on lookout for new HQ and to boost its fundraising team

DID you know that Basics Essex Accident Rescue Service (BEARS), is an emergency medical charity which responds to critically ill or injured patients in the pre-hospital environment?

BEARS provides additional specialist assessment and treatment, beyond that of the ambulance service, throughout Essex.

Back in 2017, the charity responded to 234 incidents assisting the East of England Ambulance Service NHS Trust.

Gary Sanderson, BEARS public awareness and campaign lead, said: "This year one of our main objectives is to strengthen our fundraising team."

"This is a vital role in the community and BEARS does not receive any statutory funding, therefore all contributions, however small, are greatly appreciated and this will ensure BEARS can continue their voluntary lifesaving work."

Gary added: "Whilst we

focus on strengthening our fundraising team, we are actively looking to secure a new headquarters in Essex.

"This valuable asset will enable our clinicians to hold regular training sessions and professional updates and where the charities staff can hold meetings, store equipment and potentially our rapid response car."

In addition to our voluntary lifesaving work, 2018 will see BEARS attending several community awareness events across the

county, and more information is on their website for dates and times of events in the local area."

On BEARS website you can meet the clinicians, learn more about the work that BEARS does and find further information on how to support or donate to BEARS local voluntary lifesaving charity.

■ To find out more visit; www.bearsmedics.org.uk, Email: gary.sanderson@bearsmedics.org.uk or call 07795626854



BEARS

YOUR COMMUNITY NEWS

Well-earned retirement after 50 years' work

ONE ex Harlow resident is celebrating his well-earned retirement after 50 years' service with the same company.

Friends and colleagues said a fond farewell to Jim Collins who started work as an apprentice at what was Cossor Electronics back in September 1967. Today it is known as Raytheon UK Ltd.

Jim worked his way up through the company from technical author to his current position of Technical Publications Manager. During that time Raytheon took over Cossor and then outsourced the Technical Publications work to TMS support Solutions Ltd. In 2006 TMS took over the department but remained located at the Raytheon site.

Over the years he has built up many relationships with many people and organisations within the Aerospace industry.

Theresa Cannon, TMS's Owner Director said, "Jim has devoted his working life to Raytheon and TMS. His enormous contribution has been felt by so many within the aviation community and we're incredibly thankful for all his years of passionate and dedicated work."

Jim commented "In my 50 years I've seen a tremendous amount of change. When I started typewriters were the 'state of the art' equipment! I've had some really good times, worked with some great colleagues but now I'm looking forward to having more time with my wife and



Jim Collins celebrating his retirement after 50 years' service with the same company

family."

Jim is already planning on spending more time enjoying his hobbies of gardening, fishing, music and

having moved to Bishops Stortford three years ago is contemplating taking up golf.

Theresa added, "It is with

mixed feelings that we say goodbye to Jim. After such a long career, it's only right that Jim now gets a chance to spend time with his

family. He will be missed by colleagues and clients alike and we wish him and his wife all the best in their new adventure."

Somewhere over the Rainbow is a great social life

SPRING has been very eventful for the Rainbow Services club for Harlow's seniors. With 13 weekly social clubs across the town, there are plenty of groups to choose from.

All clubs are open for any Harlow senior attend with venues including Summers Farm and Latton Hall Close on a Wednesday afternoon and Katherines House on a Thursday morning, there is a time and place for everyone.

The approach of spring saw an afternoon out to Mecca Bingo in the town centre, where 80 club members enjoyed lunch with several games of bingo.

April has seen the return of the popular Safe and Social events where guests are invited to a morning of information presented around a topic, a hot lunch and an afternoon of dancing to a live entertainer. Three events were held in partnership with Harlow Council, The Great Parndon Community Association, NHS, Princess Alexandra Hospital and Naturally Attuned.

The latest events were themed Mind, Body and Spirit and covered Mental Health and Well Being, Nutrition and End of Life Care. The speakers did an



Harlow Seniors enjoying one of the many social events on offer

amazing job and the information was well received. The afternoon entertainment was provided by Stephen Dunnett who soon had guests up and dancing. Their latest venture, in partnership with Burnt Mill Academy and Harlow Council, was to create a Pen Pal project, an effort to reduce loneliness and social isolation in Harlow Seniors. The pilot project will see 30 Year 8 students from Burnt Mill writing to 30 Rainbow Club members, providing an

intergenerational activity that will allow everyone to share experience and knowledge about how lives have changed. Writing letters is not something that school children generally do in the age of social media, so this will assist with literacy skills

as well as reducing loneliness. With a summer full of fantastic activities, Rainbow Clubs are set for exciting times. If you, or someone you know would like to join or try one of the clubs, please call Claire on 07421 140208.

Runners line up to receive expert advice for attempting marathons

ON March 10 Mike Varney Physiotherapy hosted its annual running clinic for those crazy enough to run a marathon.

This was a very successful day with nearly 50 attendees. Advice provided by the clinic included a nutrition talk outlining what to eat running up to the race, the night before and the morning of. There was also a talk on common running injuries that can occur, which included what to look out for and the ideal treatment. And, a stretching video was on repeat throughout the day in order to inform the runners on the best and safe way to stretch prior and after a run – even the head physiotherapist got involved in demonstrating the stretches.

What made the day unique was that Mike Varney Physiotherapy was offering a range of free advice as well as massage, initial assessment and kinesio taping. Mike Varney himself was also offering free diagnostic ultrasound scans.

They also had Cindy from UPS along to provide advice regarding products and she also donated kinesio tape for the goodie bags.

They were lucky enough to have some GB athletes including Anne Strike a former Paralympian and



Team GB Athlete Andrew Kitson came along to give advice



Anne Strike a former Paralympian also attended to offer some words of wisdom

Andrew Kitson, offer some wise words and guidance for the runners.

The clinics chosen charity for the year is the NSPCC who they were able to raise some money for during the day. They would like to thank Holland and Barrett, Harlow, Decathlon Harlow, UPS, JPM and the NSPCC for donating a variety of supplies for the FREE goodie

bags which were given out to everyone who attended the day. Now established for 40 years, the Mike Varney Physiotherapy clinic in Harlow Leisurezone offers a wealth of expertise and experience in treating musculoskeletal injuries. Lead by Director Mike Varney former Tottenham Hotspur Physiotherapist, the team pride themselves on

providing excellent care, using evidence based techniques to ensure the delivery of the most effective treatment. A range of specialised treatments are used to aid recovery and healing for a variety of injuries. Such conditions include: back pain, pregnancy-related pain, sports injuries and other muscle and joint problems.



Items for the FREE goodie bags were donated by local businesses

Projects sought for SOUP funding

HARLOW SOUP is seeking submissions for its next crowdfunding event on May 24.

The community-led funding group, Harlow SOUP is requesting new entries for its second event in May. The Harlow SOUP committee will then select four submissions who will be asked to present their project at the event, which will take place at Pemberley Academy on Thursday, May 24.

Attendees will then vote for their favourite project and all of the money made on the door will be donated to the winning project.

New submissions should be projects that are either based in Harlow or benefit

the town, and need funding to make them happen.

The successful debut Harlow SOUP took place on 22 February and saw homelessness charity Streets 2 Homes receive more than £300 to fund their toilet refurbishment project.

Entrance to the event is on a "pay what you can" basis and the dinner served on the evening includes homemade soup, breads, salads and cakes. There will also be live music and a chance to find out about new and exciting projects taking place in Harlow.

For more information or to submit your idea for the next Harlow SOUP please visit: www.harlawsoup.co.uk

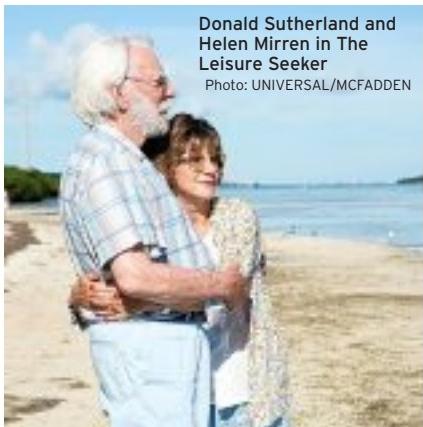


Harlow SOUP is supported by the Herts & Essex Community Farm

FILM REVIEWS

With Damon Smith

ALSO OUT THIS WEEK



Donald Sutherland and Helen Mirren in *The Leisure Seeker*
Photo: UNIVERSAL/MCFADDEN

THE LEISURE SEEKER (15) ★★★★

MORE than 25 years after they last shared the big screen in *Bethune: The Making Of A Hero*, Dame Helen Mirren and Donald Sutherland reunite for a bittersweet journey of self-discovery in *The Leisure Seeker*.

Director Paolo Virzì's comical road trip is an affectionate character study of fleeting and uneven pleasures, principally the fizzing screen chemistry between the lead actors.

The script is punctuated by deeply touching moments including a memorable sex scene but the tone grinds through gears almost as nosily as the vintage camper van that conveys an ageing couple on their cross-country odyssey.

Potentially meaty subplots are introduced then completely waylaid, or resolved messily without an emotional punchline.

A long-running argument about the wife's enduring affection for one old flame sparks a ludicrous narrative detour to a care home that is the dictionary definition of anticlimax.

Were it not for Mirren and Sutherland's commitment, and their ability to tease out lightness and shade in bickering spouses, the picture would splutter to a standstill.

John Spencer (Sutherland) and his wife Ella (Mirren) live in Boston, Massachusetts, close to their grown-up children Jane (Janel Moloney) and Will (Christian McKay).

Ella is a full-time carer to her husband, who has Alzheimer's and often doesn't recognise her as his beautiful wife.

"I'm so happy when you come back to me," beams Ella to John in one blissful, brief moment when the fog in his mind clears and he reverts to the charming, erudite literary professor she married.

The spectre of cancer comes knocking at Ella's door and she resolves to embark on a final road trip with John to visit the house of one of his idols, Ernest Hemingway, in the Florida Keys.

The couple depart without a word of warning to their children or next-door neighbour Lillian (Dana Ivey) in a 1975 Winnebago christened *The Leisure Seeker*.

En route to their final destination, John and Ella reminisce fondly about the life they have built, argue about one of the wife's old suitors (Dick Gregory), and debate the husband's aversion to boxer shorts.

Based on a novel by Michael Zadoorian, *The Leisure Seeker* is forgotten almost as quickly as John loses his flimsy grasp on faces of the past.

The magnetism of the two leads comfortably propels Virzì's picture into its pedestrian second hour but the film can only run on old-fashioned star power for so long as a substitute for a compelling and densely layered plot.

Inevitably, John and Ella's final hurrah judders to a dispiriting halt in a mushroom cloud of exhaust fumes and missed opportunities.



FILM
OF THE
WEEK

War, romance and pies

GUERNSEY LITERARY AND POTATO PEEL PIE SOCIETY (12A) ★★★★

In 1994, love was all around director Mike Newell as he shepherded potty-mouthed romantic comedy *Four Weddings And A Funeral* to a trio of coveted Baftas – including Best Film – and two Oscar nominations. That loving feeling persists in *The Guernsey Literary And Potato Peel Pie Society*, a cumbersome title for a sweeping tale of self-sacrifice, based on the posthumously published novel by Mary Ann Shaffer and Annie Barrows.

Set predominantly on the island during and after the Second World War when Germans invaded and heavily fortified the coast, Newell's chocolate box romance was filmed in picturesque Devon and is laden with emotional soft centres to guarantee swoons of satisfaction.

Kate Winslet was originally attached as the film's plucky heroine as far back as 2012 but the luminous Lily James now casts a warm glow as one point of a tantalising love triangle that provides the framework for a grim history lesson

peppered with heartache.

The script cuts back and forth between 1941 and 1946 in order to conceal twists in the plot, evoking the era with impeccable period design that contrasts simple, earthy tones of life off the British mainland with the exuberance and impeccable style of high society London rebuilding itself following the Blitz.

Author Juliet Ashton (James) and publisher Sidney Stark (Matthew Goode) embark on a book tour amid the rubble of a capital decimated by enemy bombs.

"It feels like we've emerged

from a long, black tunnel into a carnival," observes Juliet, who is buoyed by her burgeoning romance with a dashing American officer (Glen Powell).

Out of the blue, she receives a letter from a Guernsey farmer called Dawsey Adams (Michiel Huisman), who shares fascinating details about a literary society established under German occupation.

Intrigued by this inspirational story of defiance in a time of conflict, Juliet travels to the island to meet Dawsey and club members Eben Ramsey (Sir Tom Courtenay), Isola Pribby

(Katherine Parkinson) and Amelia Maugery (Dame Penelope Wilton).

Courageous founder Elizabeth McKenna (Jessica Brown Findlay) is curiously absent.

"You won't be meeting her. She's off island at present," cryptically explains Amelia.

Juliet seeks temporary lodgings and the pious landlady (Bronagh Gallagher) intimates a dark secret involving the society.

"There's more to that story than they like to let on," she confides and Juliet turns detective to uncover the truth.

The Guernsey Literary And Potato Peel Pie Society confidently navigates choppy emotional waters separating the two time frames.

James and Huisman are an exceedingly attractive pairing and their on-screen chemistry simmers while the former wrestles with the disparity between her own situation and the indomitable spirit of the islanders.

"My good fortune feels so conspicuous here," laments Juliet.

Sterling support led by the majestic Wilton plucks heartstrings without resorting to shameless emotional manipulation.



SCREEN SHOTS

I don't want anyone to be sad...

D WAYNE JOHNSON wants to make you happy. In fact he cares about it passionately. If you're not happy, he's not happy.

From the endless memes he features in, to his frequent videos on social media to his massive, rip-roaring blockbusters, he just wants you to have a good time.

If you've been on social media recently chances are you will have seen a montage of pictures of the former wrestler known as The Rock, appearing to play a game of rock, paper, scissors.

Dwayne, 45, loves this meme. "I just saw that," he beams. "It's awesome. I love the rock, paper, scissors one, I thought it was ironic and very clever and in those pictures, I am owning it."

If you haven't seen it, the popular meme features shots of Dwayne balling his hand into a fist to make a rock, holding his palm out flat to make paper and flashing a peace sign, to make scissors.

In all of them, you can see his huge bulging muscles.

He starts enthusiastically flashing the hand gestures - "Like this, like this and then I'm like this."

If anyone is happy to laugh at themselves, it's a former wrestler who has gone on to be one of Hollywood's highest paid stars.

"We have a term which is 'if you post it, you're going to get roasted,'" he says.

"These memes are just so funny, they are all hilarious, and they make me laugh."

That is what seems to matter the most to him. When we meet in a chilly hotel suite



Dwayne Johnson is on a mission to make people happy. He talks to **LAURA HARDING** about memes, movies and why he wants you to leave the cinema with a smile on your face

(The Rock likes to keep it brisk) he smiles widely and offers his huge hand for a shake, while also holding a giant bottle of water (The Rock likes to stay hydrated).

Every question is met with boundless enthusiasm and encouragement ("That's a great question," or "That's such a good point").

Sitting down to chat means taking a rare break from his posts on his popular social media channels (103 million followers on Instagram and 12.8 million followers on Twitter at last check) where he shares that brimming enthusiasm about his world domination with his fans.

"Social media has been one of the best, if not the number one best decision that I was able to make in our business.

"I mean that, it allowed fans access to me that just otherwise I can't do on any other platform.

"My relationship with the fans is the most important relationship I have outside of my own relationships I have with my family.

"That is what social media is to me, it's a relationship, so like in any relationship you have to cultivate it, you have to work on it.

"You have to get memed when you screw up, you have to laugh at it.

"Then you have to support each other and you have to motivate each other and inspire each other and then you have got to mess with each other a little bit.

"It's all those things collectively that makes social media very important to me."

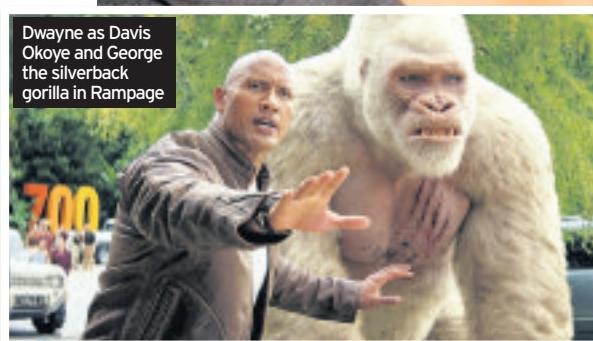
But make no mistake, he means business too.

Dwayne is in town promoting his new movie *Rampage*, based on the popular video game and produced by his production company Seven Bucks.

In the film, he plays Davis Okoye, who is part of an anti-poaching team based in Rwanda, and has raised since birth an albino silverback gorilla called George.

When a deadly serum infects George, it causes the

Dwayne as Davis Okoye and George the silverback gorilla in *Rampage*



gorilla to increase in size and develop heightened aggression. The animal's violent mood swings threaten human life so the military attempts to contain him, only for George to escape.

Davis joins forces with genetic engineer Dr Kate Caldwell (Naomie Harris) to find a cure for the serum, but then a grey wolf and an American crocodile are also infected and mutated, with catastrophic consequences.

Dwayne is a producer or executive producer on most of his projects now, including *Rampage* and the recent *Baywatch* and *Jumanji: Welcome To The Jungle*, as well as his upcoming *San Andreas 2*, *Jumanji 2* and *Black Adam* comic book films.

"We really approach any movie that we do with audience first," he enthuses.

"We always make sure that we are giving the people what

they want and it sounds clichéd in our business and in any business but I mean that, really from the bottom of my heart.

"When you can approach a project like *Rampage*, every frame, every word, every action moment is all driven by 'is this going to make the people happy?'

"At the end of the day the most important thing to me, the number one thing, is making sure that people leave the theatre after they have spent money on a ticket, popcorn, drinks, candy, whatever else, happy."

"I have got to send them home happy and floating and saying 'Yeah! That was awesome!' That is important. I don't want people sad, I never want that. Life brings that."

This desire to please has made him a rare commodity these days - the bankable star of fun, silly, action blockbusters.

While other action stars are wielding heavy artillery and grimacing about their dark pasts, Dwayne is hammering it up like there is no tomorrow.

"This is such a fun space to play in because these movies are big, they are fun, they are popcorn."

"We are kicking off the summer and I feel like when you hit the tone right you get the calamity and the destruction and then you get the things that are visually compelling with these monsters."

"Then you come in with the humour. You try to make people laugh, maybe every two or three minutes you are trying to find some humour, and then you come in with some emotion, get some tears going and then come back in with some humour."

"For me it's an homage to movies that I grew up loving."

"I love Steven Spielberg and James Cameron movies, movies of the 1980s and 1990s."

"*Rampage* kind of has that feel to it, I really love this one in particular and I'm not saying that just because it's my movie. I do, and it's a lot of fun."

"Somehow, I believe him. ■ *Rampage* is in cinemas now."



Dwayne on the red carpet with *Rampage* co-stars Jeffrey Dean Morgan, Naomie Harris, and Malin Akerman



Dwayne Johnson

SOUND OUT

COUNTRY STRONG

Aussie singer and actress Clare Bowen tells **MARION McMULLEN** how she battled with cancer and made the daunting move to the US, before finding fame in TV show Nashville

AUSSIE performer Clare Bowen proudly declares on her Twitter account "Stay Weird. Normal's a setting on a dryer."

The former Home And Away star certainly follows her own advice. She propelled her career to the next level when she took a gamble and bought a one-way plane ticket to America.

The move proved a good one - she found love, music and TV fame as singer Scarlett O'Connor alongside Connie Britton and Hayden Panettiere in American drama Nashville.

"I sold everything I owned at a market in Sydney and just bought a one-way ticket to Los Angeles," remembers Clare with a smile. "My Dad works for Qantas airline and my parents were so supportive. It was kind of scary but they always encouraged me to travel and used to take me to a lot of places when I was a child."

"I did think 'what am I doing?' but my brother Tim, who is a wonderful person, encouraged me to go to America."

Clare made her American film debut in 2012 in the western Dead Man's Burden before being cast in musical drama Nashville.

The multiple Emmy and Golden Globe-nominated show is now watched in 225 countries worldwide and has inspired 22 soundtracks, including a Christmas album.

Nashville is set against the backdrop of the city's famous music scene and follows the lives of country music superstars as well as the up-and-coming performers and songwriters trying to get ahead in the business.

"It was the opportunity of a lifetime," says Clare, "I read the entire script for Nashville standing at my manager's desk."

She and the cast have filmed the final episodes of the TV hit, but are

saying goodbye in style with a farewell tour of the UK.

The tour begins on Saturday and sees Clare in concert with fellow Nashville cast members Chris Carmack, Charles Esten, Jonathan Jackson and Sam Palladio.

The tour, follows sell-out visits in 2016 and 2017, and will feature songs from the series as well as original material from the artists.

"The first time we toured the UK it scared the s**t out of me," admits

Clare with a laugh, "but now I can't wait. The audiences are just so incredible. It's sad that Nashville is ending and we've recorded the final songs, but doing the tour takes the edge off the sadness. We're all going to be together, enjoying every moment."

"I think it's such a great honour to be included in the sphere of country music."

Clare has brought out her own album and found love with singer-songwriter Brandon Robert Young. He proposed to her at the legendary Grand Ole Opry music venue in Nashville and they had wedding ceremonies in both Australia and America.

"He's my soul mate," says the 33-year-old happily, "but we've been so busy we've not had time to do the honeymoon moon yet. The first time we met I thought 'I'll keep an eye on this one' but we didn't start going out until a year after that."

"He's written most of my album

I could live without music, but I could not live without my family.

Clare on her close bond with her family



Nashville star Clare Bowen is preparing for her latest tour of the UK



Clare with her husband, country singer Brandon Robert Young

with me and there's nothing more easy than being with Brandon on stage. I just look across the stage and he's there."

Clare's positive outlook follows early years battling childhood cancer when surgeons had to operate on her when she was only four to remove a tumour.

Her brother Tim was also diagnosed with Stage 4 Lymphoma

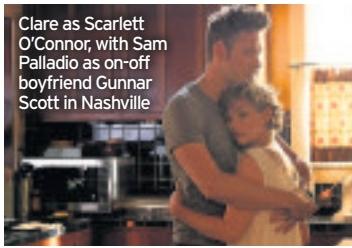
shortly after Clare's engagement.

Clare says she would not be the person she is today if she had not been through everything she has done so far... and she says her family have been with her every step of the way.

"I could live without music, but I could not live without my family," she says. "My illness was a make or break thing and my Dad gave me his own blood at one point in hospital. We're a very close family and they are incredible. I would not change anything."

"Mum and Dad came to see all the shows when we toured Nashville, and my brother came out of chemo to see me as well."

■ Go to gigsandtours.com and axs.com for details of the UK Nashville dates and VIP ticket packages.



CARDI B

- INVASION OF PRIVACY

★★★★★

THE 25-year-old rapper's first full LP following her smash-hit debut single Bodak

Yellow last year, was well and truly worth the wait. It's a glittering example of female empowerment, sex appeal and pure attitude combined with the artistry of old-school hip hop.

Kicking off with a rage and passion-filled opener Get Up 10, Cardi B sets the tone with its powerful message to her haters. From there, the album drips in classic 1990s and early noughties hip-hop vibes, filled with melodic harmonies, samples and addictive beats. The record is brimming with top-notch collaborations, with Chance The Rapper, SZA and Migos among those taking part.

THE DAMNED

- EVIL SPIRITS

★★★★★

IT'S been just over 40 years since The Damned released their first album Damned

Damned Damned in 1977. Fast forward to 2018 and they are releasing Evil Spirits with the spirit of gothic punk going strong after so long.

The lead single, Standing On The Edge Of Tomorrow, opens the album with an explosion and carries on throughout the album, as if there is hardly 40 years difference between 1977 and 2018.

For fans of The Damned there will be no disappointment over their new material or change within their music style.



THIRTY SECONDS TO MARS

- AMERICA

★★★★★

AMERICA is their first album in five years but Thirty Seconds To Mars have delivered - and then some. The release has been an event in itself with multiple album covers, each one

different and emblazoned with words from songs that reference their theme on the album.

Fans will be familiar with already released singles like Walk On Water and Dangerous Night, and the other 12 tracks won't disappoint.

Both collaborations on the album - One Track Mind featuring A AP Rocky and Love Is Madness which features Halsey - are both hypnotic and an exploration of new sounds.

Big ballads like Great Wide Open stay true to their talent for hitting the mark with it comes to delivering a big, impactful tune. Other tracks like Hail To The Victor, Remedy and Live Like A Dream also deliver.



MUSIC

FRANK TURNER TALKS TO MARTIN NEAL AHEAD OF HIS GIG IN SOUTHEND

TOTALLY FRANK

Never one to shy away from pushing his sonic boundaries, folk-punk troubadour Frank Turner admits he felt the right to move purposefully into uncharted territory when it came to recording his seventh studio album.

No matter that he'd already started putting it together and it meant ripping up those plans and starting again.

Initially he was writing a concept album about women who had been unfairly forgotten by the history books, but a trip to America during the build-up to Donald Trump's election as president changed all that.

The result is Be More Kind (out on May 4 on Xtra Mile/Polydor Records), a record which bears many of the Turner hallmarks but which takes his consciously out of his comfort zone thanks to a new, experimental approach.

"I was planning the next record but it hadn't materialised into a state where I could put it out as a record," he explained.

"Then I went to America, which is somewhere I've spent a lot of time and I'm very fond of. It was during the election and it was a disorienting time to be in America. I'm a big fan of the

country so that's when a whole new suite of songs came along.

"My previous two albums have been about things that were happening in my head. It's been a while since I tried to work out what was going on in the outside world."

The first single from the album was Blackout, a bouncy, poppy track in stark contrast to the stripped-down feel of Positive Songs for Negative People, his last album released in 2015.

"It's my seventh album," he reasoned. "If you're ever going to get to the stage where you can take some risks, I think the seventh album is the time to do it.

"So I've used some sounds, instruments and technical approaches that I've never used. I've never written a song that might be heard in a club before that one. The new tunes are a bit more pop, dare I say it."

"Mind you I was in a hardcore punk band (Million Dead) so I've got for switching horses as it were. And it's fun to talk about going in a different direction – it puts the willies up people when you do that!"

Of course there's a tour to promote the album – and in typical Frank Turner fashion he's not doing it in half measures. A total of 120 dates have been announced so far,



and thankfully for us here in Essex, one of them is at the Cliffs Pavilion in Southend on May 2.

"I've been to Southend many times, but not in a long while," explained Frank, "and in the early days I used to play at Chinnerys. In fact my second or third ever solo gig was at the Utopia café."

"I used to hang out with some still really good friends in Southend I realised I hadn't been there for a lifetime so I wanted to put that right."

"I grew up in Winchester was wasn't on the regular circuit. Anyone who did play there was treated like a hero and I like to play places where other people don't always go."

It seems like Frank is always up to something or another – writing, recording touring or keeping busy with his side project, Mongol Horde.

"I get bored pretty easily," he admitted, "so that's partly

it. And also there's not enough time in your life to go out and do everything you want to. I actually like to shout about though so I get more time off than I let on!"

Also, he says, the tours aren't as long these days.

"Three of our touring party have a family now," he explained, "and I've got a cat and a missus at home so we don't go out and tour for 18 months at a time."

"Time passes more slowly when you're on tour – two weeks seem like two months."

"But one of the great things about being on stage is that you might do a bad job one night, but the next night you can get back on stage and put it right."

■ Frank Turner and the Sleeping Souls play the Cliffs Pavilion, Southend, on Wednesday, May 2. For tickets visit southendtheatres.org.uk

RiZE FESTIVAL



Miles Kane plays RiZE

Photo: Lauren Dukoff

Miles Kane has announced that he will be joining the line-up for the first ever RiZE Festival in Chelmsford this August. Known for his exhilarating live shows, the indie rocker will perform on the Friday. The announcement comes alongside news that Miles is currently in the studio finishing his album which will be his first new music since his debut album release in 2013. He joins already an excellent line-up at Hylands Park on August 17-18 which includes Liam Gallagher and the Stereophonics. Tickets are priced from £59.50 (plus booking fee) and are on sale now – visit www.rizefestival.co.uk for official outlets.

DOWN THE PUB



ReKovered have been around on the Essex circuit for a good number of years. The four-piece, who name Bill Bailey and cheese among their influences, are playing at the Waggon at Wix on Saturday night. Want to get your free-entry pub gig in this column? Email philpagemusic@yahoo.com

Gigs for April 20-22:

- **Star & Garter, Moulsham Street, Chelmsford:** Friday - The Stents; Saturday - Fast on the Draw
- **The Bull, Colchester:** Friday - Cloned
- **Cricketers, Southend:** Friday - Expose; Saturday - Hedgehog
- **Horse & Groom, Braintree:** Friday - Dead Man's Hand
- **Waggon at Wix:** Saturday - ReKovered
- **Rose & Crown, Bishops Stortford:** Friday - Barnyard Junkies
- **Golden Fleece, Chelmsford:** Friday - Break for Cover
- **Railway Hotel, Clifftown Road, Southend:** Friday (8pm) - Big River; Sunday (7.30pm) - Dr Zero & the Hotheads
- **Boars Head, Braintree:** Saturday - Charles Aunt
- **Cow & Telescope, Southend:** Friday - Beagles; Saturday - Lord Toffington
- **Smugglers Den, Hullbridge:** Saturday - The Out Outts
- **Royal British Legion, Wickford:** Saturday - ReMark, featuring Mark from Beggar (9pm)

GET INTENSE FOR RECORD STORE DAY

RECORD Store Day returns this Saturday, April 21 and as ever there a wealth of special releases for vinyl enthusiasts.

There are dozens of records being pressed for the big day this year taking in a huge range of genres. Acts like the Rolling Stones, Led Zeppelin, David Bowie, Wu Tang Clan, Rudimental, Pink Floyd and

Goldie all have special RSD 2018 releases.

Intense Records in Chelmsford is in the thick of the RSD 2018 action as ever and will be stocking a big selection of the releases. The store will be open from 9am-6pm and the day will feature band performances including Muertos (right), DJ sets,

special guest appearances and free giveaways. There'll also be food and drink stalls and the pop-up Bassment bar.

You can see what Intense will have an offer at www.intenserecords.com where you can register your interest and create your own wish list.



SPOTLIGHT

I don't know how people stand still and sing... dance is a must for me

New dad Aston Merrygold's feet have not touched the ground since Strictly Come Dancing, as **MARION McMULLEN** finds out

You and your fiancée Sarah now have baby Grayson Jax in your lives. How did you choose his name?

We looked at so many possible names – online, from friends and inspired by music artists that we loved. We made a long list over the months and then narrowed it down to 10 for a boy and 10 for a girl.

Then we picked our top three of each and when he was born, at the beginning of the year, he looked like a Grayson Jax. (Laughs) I did not leave my fiancée Sarah's side the whole of January before the birth. We were stuck together.

How are you finding being a dad?

I'M a very hands-on dad. I change nappies, rock him to sleep and then, after Sarah feeds him, I burp him and put him down again. There is a connection there and lots of cuddles.

I want to be the best dad I can be and be close to him. He'll be joining me on tour later this year for Rip It Up. He'll be around getting lots of love. He's going to get a great musical culture.

Are you looking forward to be working with Olympic sporting star Louis Smith and McFly and McBusted drummer Harry Judd for dance show Rip It Up?

IT'S just going to be a lot of fun and that is one of the main reasons I said yes to the show.

I've known Louis for years and, when I heard he was on board and then Harry was going to be appearing, I knew I wanted to be part of it. I knew it was going to be too much fun to fight it.

We all share the same Strictly

experience. It's a competition, but everyone is so supportive and that is what this is like.

What has life been like after taking part in Strictly Come Dancing?

I HAVE not stopped. I didn't get time to do every style of dance on the show because I was not there for the whole of it so I am looking forward to learning all these things... and adding my own twist.

I saw Strictly build and build over the years and always said if I get the call I'm in. So when the call came I signed up straight away.

Fans were outraged when you were voted off in what is considered the biggest shock in Strictly history. How did you feel about leaving so early?

THAT people were shocked only indicated to me that I did my job. I wanted to go on

there and have fun. I wanted to go on Strictly and see what I could bring to the table.

People seemed to enjoy what I did. I was voted off, but that is part of the competition, someone has to leave. I took it on the chin and have bounced back.

Rip It Up celebrates 1960s music. Are you looking forward to dancing to everything from the Mersey Beat to Motown?

THE 1960s is one of my favourite eras of music. A lot of my inspiration comes from a lot of artists from the period, like James Brown. (Laughs) I've already staked my claim and said if there are any James Brown songs in the show they are for me, but all the music is amazing.

We have Elvis (music), the Beatles and the Rolling Stones and everyone. We're inviting people to come along and enjoy the 1960s.



Aston with, left, baby Grayson Jax, and, right, his fiancée Sarah Richards



How do you manage to juggle it all?

(LAUGHS) I have got an amazing partner who does EVERYTHING. We've just opened a dance studio as well with one of our best friends. It is in Vauxhall with simply great views of the Thames and London.

Grayson has been in the rehearsal studios and just happily sleeps. All the noise all around him does not bother him.

If a song comes on that we used to play to him before he was born, he recognises it. His eyes definitely light up and he's smiling and dancing.

How is the dance studio doing now?

I'VE been involved from the ground up... even knocking down walls. It's fingers in all the pies. Lots of the studio has been booked out to amazing dancers and teachers.

There have been industry dancers as well as TV, theatre and cruise ship dancers. It's been great. (Chuckles) Now we just have to get Rip It Up rehearsing there.

I've always loved dancing. I can't understand how performers can stand still and sing a song. For me dance is a must.

What is your perfect day?

WAKING up and seeing Grayson's little face and Sarah's face as well. I guess I have the perfect day every day.

The Rip It Up tour runs from September 12. Go to ripituptheshow.com and Ticketmaster.co.uk for tour dates and booking information.



Aston Merrygold, Harry Judd and Louis Smith, are ready to take us on a fun-filled musical nostalgia trip



SHERLOCK star Amanda Abbington, above, is to make her musical theatre debut in the UK premiere of new musical A Little Princess.

She will play Miss Minchin in the one-off concert performance directed by Arlene Phillips, at the Southbank Centre's Royal Festival Hall in London on May 28.

The show, which also stars former Hollyoaks star Danny Mac, is based on Frances Hodgson Burnett's classic childhood novel of the same name.

■ Go to southbankcentre.co.uk for details.

BRIAN Conley, right, will be touring the UK until June 10 with the latest leg of his Still The Greatest Entertainer - In His Price Range tour.



Brian, who can currently be seen in new TV series Buy It Now for Channel 4, will also be welcoming back guest act Mat Richardo, the gentleman juggler, for his tour dates.

■ Go to brianconley.com for tour dates.

LES DENNIS, below, is to play a faded comedian dragged back into the limelight in the world premiere of black comedy End Of The Pier by Danny Robins.

The production launches Park Theatre's new London season in July and the cast also includes Inbetweeners actor Blake Harrison and EastEnders soap star Nitin Ganatra. ■ Go to parktheatre.co.uk to book tickets.



BOOKSHELF

Now I'm older, I have less self-doubt...

ACTRESS RUTH JONES HAS CHOSEN LOVE, SEX AND COMPLICATED RELATIONSHIPS AS THE FOCUS OF HER DEBUT NOVEL. BUT, SHE TELLS HANNAH STEPHENSON, THE STORY REALLY ISN'T BASED ON HER

DESPITE her success as both an actress and scriptwriter, Ruth Jones is decidedly unstarry, softly spoken and looks much younger than her 51 years.

Best known as Stella in the eponymous comedy series and as Nessa Jenkins in the hit comedy *Gavin & Stacey*, which she wrote with co-star James Corden, Ruth is warm and funny, chatting happily about her life in Cardiff with her producer husband David Peet.

Her debut novel, *Never Greener*, features a young woman who has an intense affair with a married man, which ends in heartbreak.

Fast forward 17 years and their lives have moved on. She is now a successful actress, married with one child; he is a teacher still married to the same woman, with three children.

Chaos ensues when the actress bumps into him again and the spark re-ignites. Ruth sets the scenes in different timelines, rather like David Nicholls did in his hit novel *One Day*, building up the sexual tension between the lovers.

So, a fair amount of the book centres on lust and whether its power is greater than true love.

"Is it beautiful sex? No, it's not. It's very hedonistic and ego driven. What's interesting is that it means something different to both of them," Ruth reflects.

The book first emerged from a screenplay she wrote in 2002 – which never made it to the screen – when people were getting in touch with pals from the past through website Friends Reunited.

"You heard all sorts of stories about people leaving their long-term marriages to set up with people that they were going out with when they were 17."

"And a lot of those second attempts went wrong."

It wasn't based on her own life, however, she insists, laughing.

Ruth Jones with Gavin & Stacey co-star James Corden at the Channel 4 Comedy Gala in 2010



"Of course I've been in love and I married the man that I love. It was love at first voice because I spoke to him on the phone before I met him. I did fall in love with his voice. But I have had to imagine a lot of the intimacy and the destructiveness."

Growing up in Porthcawl, Ruth kept a diary as a 13-year-old and another in her 20s which, she says, shows how your personality changes as you get older.

"When I re-read my diaries, it's the self-doubt that seems to be prevalent," she reveals. "Since I turned 40, I've become less self-doubting, but it still happens."

Because of this, she isn't on social media.

"I couldn't handle it if somebody said something nasty," she says, "but I have read comments that people have received."

"James (Corden), for instance, gets horrible comments from people. I've seen the stuff that's been said and I just couldn't handle it if people were being directly abusive."

"The world is c**p enough without adding to that vitriol."

Her novel attracted a bidding war, handled through her old Warwick University pal, and top literary agent, Jonny Geller.

"I am nervous about how my debut novel will be received, because there's always that feeling

that somebody might say something negative.

"I say I won't read the reviews, but I probably will. But just because somebody says something negative, I don't have to believe it."

Apart from a book tour, life will go on as usual in Cardiff with David, who Ruth met while working on a comedy pilot in the early 1990s. She has three grown-up stepchildren from David's first marriage.

The couple set up a production company and co-created *Stella* – doing 58 episodes together – but she says there won't be any more.

"It took over our lives. We'd storyline the next series in August when we were still filming the previous series, so there was never a break. We loved it and created some fantastic characters that we still laugh about, but we knew we'd have to move on. I always say, 'Never say never' but it's very unlikely."

She also says she wouldn't reprise Gavin & Stacey, although she has extremely fond memories of it and remains friends with co-star James.

"We used to talk about maybe doing a special, but if you look at the logistics of it, James lives in America and I don't know long

Ruth Jones, above, whose new book, pictured below, is out now

he'll be out there for. He's so busy. "Even if we did write something, when would we film it?"

"James and I still have little conversations about what Nessa's doing or what's happened to Neil the Baby, who is now about 10! We come up with little things that the characters are doing."

She adds: "Looking back, we have such affection for that time – and maybe that's what made the series what it was."

"We started writing it 13 years ago. Would we still have the same innocence to put into the characters? I don't know."

She's under contract to write a second book and has several other projects on the go, but these days, she shies away from red carpet bashes and other celebrity events.

"Well, I live in Cardiff and we haven't got many 'paps' in Cardiff, I've got to say," she says.

She's also keen to keep a balance between her professional and her private life.

"If I'm doing a charity event and I'm there because that will give the event interest, then fair enough. People should be able to have their selves and autographs."

"But the other day, I was in the car and my husband was just getting in when this guy came out, looked at me and literally pushed my husband out of the way. He said, 'Excuse me, are you that woman from Gavin & Stacey?' and my husband was left standing there."

"I just went, 'No, not me.' Sometimes people don't realise they're being rude."

She wonders how her pal James deals with the fame he has attracted.

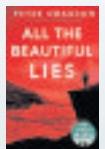
"For James and Julia, his wife, if you've got three small children and you're out and about, it must be tricky."

■ *Never Greener* by Ruth Jones is published by Bantam, £12.99.

LATEST TITLES

ALL THE BEAUTIFUL LIES Peter Swanson, Faber & Faber, £12.99 (ebook £6.99)

★★★★★
WHAT a compelling exercise in storytelling. Part crime novel, part psychological thriller, All The Beautiful Lies rests on a clever narrative trick.



As he is about to graduate, Harry is called home by his step-mother, Alice, following the death of his father on a clifftop walk. A sad but simple domestic set-up so far, yet from this, Peter Swanson loops skeins of deceit and trickery.

By dividing his story into a 'then' and 'now' narrative, he creates great tension and springs a few good surprises. As Harry slowly begins to suspect Alice, who, being so much younger than his father, may not be all she seems, her story strand shows the beautiful and deadly lies woven through her past, indeed her whole being.

A fantastic read – and so much more rewarding for Swanson's decision not to follow an A-B narrative line.

TWO STEPS FORWARD

by Graeme Simsion and Anne Buist, Two Roads, £12.99 (ebook £9.99)

★★★★★
THE Rosie Project author Graeme Simsion has teamed up with his wife, Anne Buist, for this charming novel about two very different people who keep bumping into each other on the Camino de Santiago pilgrimage trail.



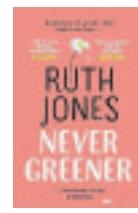
Newly widowed American artist Zoo and divorced Yorkshire engineer Martin can't stand each other when they meet at the start of their walk in France, but over the course of 2,000 kilometres and various romantic entanglements along the way, they discover new sides of themselves – and each other.

There may be a few too many simplistic wisdoms and predictable epiphanies here for some readers' liking, but Simsion and Buist's detailed knowledge of the Camino (they have walked it twice) and the large cast of quirky characters, make this an authentic and diverting read that will make you want to put on your walking boots and book a one-way ticket to southern France.

BOOKS CHART

1. *The Midnight Line*: Lee Child
2. *The Shortest History of Germany*: James Hawes
3. *The History of Bees*: Maja Lunde
4. *Eleanor Oliphant is Completely Fine*: Gail Honeyman
5. *The Invisible Guardian*: Dolores Redondo
6. *The Hate U Give*: Angie Thomas
7. *Norse Mythology*: Neil Gaiman
8. *The Girl Who Takes an Eye for an Eye*: David Lagercrantz
9. *Diary of a Wimpy Kid: The Getaway*: Jeff Kinney
10. *The Pearl Sister*: Lucinda Riley

CHART COURTESY OF WATERSTONES



CELEBRITY WELLBEING

I feel healthier now than I was in my 20s

PERFORMER, presenter and working mother Alesha Dixon is one of the most familiar faces on British TV. After a pop career with R&B band Mis-Teeq, she won BBC's Strictly Come Dancing in 2007 and later replaced Arlene Phillips on the show's judging panel.

She is best known today as a judge on Britain's Got Talent, alongside Simon Cowell, Amanda Holden and David Walliams.

Now 39, Alesha has a four-year-old daughter, Azura, with partner and choreographer Azuka Ononye.

How do you feel about approaching your 40th birthday?

"IT'S a milestone – a new chapter in my life. I'm a little bit nervous, but at the same time, part of me that accepts it, and is OK with it."

"I already feel like I've lived a thousand lives; I've been through a lot, and there's still a lot I want to do. I might have the odd day where I get upset about [getting older] but then perspective will kick in and I'll embrace it."

"Some days I feel the most alive and vibrant and best I've ever felt. But there are others where I feel exhausted with the roller coaster of being a parent and juggling everything. Overall though, I feel healthier now than I was in my 20s."

How do you look after your health and wellbeing?

"MY trainer comes to the house three mornings a week and we do cardio, weights or yoga."

"I became vegetarian six years ago and try to eat healthily, but I'll have a drink or a treat if I go out. I don't wear make-up either, unless I'm working, because I like to give my skin a rest."

"Mainly, I try hard to live in the now, be present, listen and make connections with people, and avoid stressing about the future."

What does being a parent mean to you?

"AZURA'S amazing – I

have such unconditional love for her. Every day I try to be the best and most patient version of myself, so that I parent her well. She's at nursery; she starts school in September and it already feels like she's become a big

As Britain's Got Talent returns to TV, judge Alesha Dixon opens up to **GABRIELLE FAGAN** about life, feeling broody and approaching 40

girl. She'll even tell me, 'I'm not a baby' if I try to do certain things for her!

"As a parent, I was so upset and shocked to learn that more than 137,000 girls a year in the UK miss school because they can't afford sanitary products. It breaks my heart to think of girls being embarrassed and suffering in silence, which is why I'm backing the Always £EndPeriodPoverty campaign, which aims to supply children in need with sanitary products."

Do you want more children?

"I WOULD love a sibling for Azura. I really hope we'll be lucky, but who knows?"



What will be, will be. We're content as we are, so if we remain a three, that'll be great.

"I'm not going to panic because of my age because, really, what would that achieve? The main thing is to enjoy her in the present and be philosophical about the future."

You've been with Azuka for eight years. What makes your relationship work? Do you think you'll get married?

"AZ is so relaxed and laid-back about things – we laugh a lot. To make a relationship work, you need both people to be committed to it, and then you find ways to move forward and grow together – because no partnership is without its challenges."

"For me, a relationship should be a safe place where you can be your self and learn from mistakes too. AZ is great if I'm stressed and tells me to 'zoom out' so I can see how insignificant a problem or issue is in the grand scheme."

"As for marriage, I don't know why we haven't done it – it's something that's just not right for us at the moment, I guess."

Britain's Got Talent is back for another series – how do you feel about the show?

"I LOVE it. I've been there seven years and have actually surprised myself that I'm still doing it because I can get bored quite quickly – I'm a person who's always looking for the next creative venture."

"If it ever came to an end, I would genuinely be upset, because

Alesha with her partner, Azuka, above, and fellow judges, Amanda, Simon and David and, front, presenter Declan Donnelly



I've had the time of my life doing it.

"Every year we worry and think, 'Hmm, maybe Britain has run out of talent,' but we've been spoilt for contestants this year. Each series we put more pressure on the acts and expect more from them; I think the public are in for a really good show."

How do you and the rest of the judges get on?

"WE'VE all gelled as a team. We had a great natural chemistry from the start, but over the years we've become more relaxed and have built up new layers of friendship."

"Amanda and I are great friends and love having fun with the clothes – mine are always a bit quirky and edgy. I've learnt to have more of a sense of humour about the crazy acts too, which I never liked before. I'm much more laid-back as a judge."

"The acts I really don't like are where people put themselves physically at risk... your heart's in your mouth, especially when somebody is underwater or performing with knives or fire."

"I have to say 'yes' to them, because what they're doing is skillful and technically brilliant, but I find it really tough to watch."

You've written a children's book, Lightning Girl, about a mixed-race schoolgirl with superpowers. What do you hope to achieve with it?

"WHEN I was growing up, I didn't have any characters in books that looked like me and I wanted to make sure Azura did. She's four and she's become conscious of the fact that characters in some of her favourite books and films don't look like her."

"Her favourite Disney character is Rapunzel, who has blue eyes and blonde hair. That's fine, but she needs to see that beauty comes in many different forms."

"I didn't set out to make a statement about race, but I'd be fibbing if I said it wasn't a factor. I'm proud to have a British, female, mixed-race superhero on the cover. I hope Aurora Bean will be a positive role model for boys and girls of all ethnicities."

Have you experienced racial discrimination yourself?

"OF COURSE I've experienced racial discrimination, especially when I was younger. I've always been conscious that, as a woman of colour, I might have to work harder or prove myself. I want girls to look at me and think, 'Alesha can do it.'"

Alesha Dixon is supporting the Always £EndPeriodPoverty campaign; for every pack sold from now until April 30, Always will donate a pad to schoolgirls in need.

1 IT CONTAINS vitamin C, which is a powerful antioxidant that helps remove harmful free radicals from the body.

2 IT IS also a source of essential vitamins such as folate, vitamin B6 (pyridoxine), riboflavin, niacin and pantothenic acid.



Feel the love for horseradish

3 HORSERADISH can increase appetite and aid digestion. The phyto-chemical compounds in horseradish stimulate salivary, gastric and intestinal glands to secrete digestive enzymes, thereby facilitating digestion.

4 IT IS high in fibre and rich in protein so it can be part of a healthy diet.

5 AS A condiment it's very tasty with roast beef and adds flavour to smoked fish.

DOCTOR'S NOTES

NIGHT OWLS are more likely to die prematurely, according to research published in the journal Chronobiology International.

People who go to bed late and struggle to wake the next day are 10% more likely to have early deaths than morning larks.



A glass of wine a day raises the risk of early death

ONE glass of wine or pint of beer a day raises the risk of dying early, says a report in The Lancet. More than five a week means a greater risk of stroke, heart failure and aneurysm.

SITTING all day at your desk or all evening on the sofa could shrink your brain and increase your risk of Alzheimer's, a University of California study suggests.

HEALTH & LIFESTYLE

Irritable Bowel Syndrome symptoms can be hard to stomach. **LIZ CONNOR** speaks to health expert Dr Ann Robinson to find out more about the condition

SUFFERERS of irritable bowel syndrome (IBS) will tell you that the symptoms can be painful and often embarrassing to live with. The telltale bloating, cramps and frequent toilet trips can occur at any time, wreaking havoc on the digestive system.

Thousands of people in the UK have been diagnosed with this common digestive disorder, and researchers believe as many as two in 10 people are currently living with IBS.

Not sure exactly what it is or how to tackle the symptoms? Dr Ann Robinson, lead GP at Bupa Health Clinics, reveals more about the causes, warning signs and treatments...

WHAT EXACTLY IS IBS AND WHO GETS IT?

IBS affects 10-15% of the worldwide population, but because it isn't the type of topic many people feel comfortable discussing, lots of us are still confused about what it is and why we get it.

"Irritable Bowel Syndrome is a long-term condition that affects your digestive system," explains Dr Robinson. "It causes pain or discomfort in your tummy, and varying changes in your bowel habits."

Dr Robinson says It can develop at any age, but the first symptoms usually start appearing between the ages of 20 and 30 years old. "Women are twice as likely to get it as men," she adds.

WHAT ARE THE SYMPTOMS TO LOOK OUT FOR?

There are a number of telltale unpleasant signs of IBS that should prompt you to visit your GP. "Some of the most common symptoms include bloating, wind or discomfort in your abdomen, which can often be felt on the left-hand side," says Robinson. "This discomfort can vary from a sudden sharp pain to a constant dull ache, and the pain may ease after going to the toilet. For some, it may also get worse after eating."

Erratic changes to your bowel movement is another clue that something isn't right in your gut. "Your stool may vary in consistency and can alternate between constipation and diarrhoea," says Dr Robinson, adding: "Sometimes you may need to go to the toilet urgently, and at other times you may have problems going."

Many sufferers describe accelerated bowel transit as a significant source of stress, with the fear of a sudden onset of diarrhoea causing anxiety about public outings.

"IBS symptoms can come and go; you may not have any symptoms for months and then get a flare-up," says Dr Robinson. "It's a good idea to keep a symptom diary and share it with your GP." She says that you should note down what foods you have eaten, how you are feeling at the time of a flare-up, as well as the symptoms you are experiencing.

The truth about



Together with your GP, you can then use the findings to determine the foods and emotions that might trigger the symptoms, and decide which treatment is right for you.

WHAT ACTUALLY CAUSES IBS?

"IT'S still unclear why some people develop IBS, but it's thought that it may be caused by a variety of factors," says Dr Robinson. In some cases, it could all be down to a miscommunication between the brain and the intestinal tract. "This can cause you to have abnormal muscle contraction or spasms, which often causes the cramping pain," she explains. "The spasms may speed the passage of stool, causing diarrhoea, or they may slow it down, causing constipation."

IBS can also be caused by an intolerance to certain foods, particularly those high in FODMAPS - "tiny carbohydrates found in foods such as wheat and beans, that the

body finds difficult to break down."

Dr Robinson notes that irritation to the bowel or digestive system - perhaps after an infection such as gastroenteritis or food poisoning - could also trigger the symptoms, while some researchers believe IBS may be genetic.

"You may find your symptoms get worse after being stressed, after eating certain foods or if you're taking certain antibiotics," she adds.

"Again, it's a good idea to make a note of these things to help figure out what's contributing to your IBS flare-ups."

HOW IS IT DIAGNOSED?

IF you're experiencing anything unusual with your stomach or bowel movements, get it checked out by your doctor. "IBS is usually diagnosed by taking a detailed history of your symptoms," says Dr Robinson.

"It can't be confirmed with a test,

however, your GP may suggest you have some blood tests, provide stool samples and possibly a colonoscopy to rule out any other serious conditions."

WHAT TREATMENTS ARE AVAILABLE?

UNFORTUNATELY, there is no cure for IBS, however, changes to your diet and lifestyle may help ease the uncomfortable symptoms.

"Everyone is different and certain foods that will affect one person may not affect another," says Dr Robinson. "However, generally, I'd recommend you try eating regular meals prepared from fresh produce, and don't rush when you're eating; stay hydrated and aim to have at least eight cups of fluid a day."

Avoiding fatty, processed or reheated foods might help to regulate your bowel movements, and you should also limit the amount of caffeine you have.

"If stress triggers your IBS, consider relaxation techniques such as meditation or yoga," says Dr Robinson. "Exercise can also help reduce flare-ups too."

If you find that diet and lifestyle changes are not helping manage your IBS, there are medications that can help.

"These vary depending on your symptoms," notes Robinson, "so talk to your pharmacist or GP before taking them."

The discomfort of IBS can strike at any time



HIGH-PROTEIN diets are everywhere right now. As well as aiding weight loss and helping build lean muscle, protein is important for your health: it can help you to feel more energetic and fuller for longer, as well as supporting bone health and assisting hormone production.

And with the recent rise of vegetarianism and veganism, more of us than ever are looking at alternative ways to stock up on the macronutrient.

Holland & Barrett nutritionist Emily Rollason tells us how get more protein into our diet.

1. Start your day on an egg

"A SINGLE egg contains more than six grams of protein, plus essential amino acids, vitamins A, E and B12. Try combining two boiled eggs with asparagus wrapped in Parma ham for a weekend brunch treat."



2. Snack on seeds

"TAKE a note out of Victoria Beckham's book. Her afternoon treat is sunflower seeds doused in liquid aminos (a gluten-free alternative to soy sauce)," says Emily. "Each handful racks up an extra five grams of protein and they are packed with essential fatty acids and micronutrients such as magnesium, which helps regulate blood sugar levels."

3. Go Greek

"LOW-FAT yoghurts can be packed with artificial sweeteners," says Emily. "Fill up on Greek yoghurt instead. It's packed with protein and can be made sweet with berries, or added to savoury dishes to add richness."

4. Rethink your drink

TRY a high-protein iced coffee to start your morning like Get Nourished (£2.99; Holland & Barrett), which delivers 25g of protein per bottle - around the equivalent of a steak."

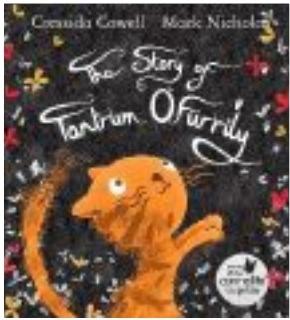
5. Discover 'nooch'

AS an alternative to cheese, nutritional yeast - or 'nooch' - could be exactly what you need. "Use it to stock up on six grams of protein per serving compared to a mere two in Parmesan cheese," says Emily. "You also might want to try garnishing your next batch of popcorn with 'nooch' to give yourself a cheesy, protein-filled boost."



FAMILY MATTERS

CHILDREN'S BOOK OF THE WEEK



THE STORY OF TANTRUM O'FURRILY by Cressida Cowell, Hodder Children's Books, £12.99 (ebook £8.99)

★★★★★
CRESSIDA COWELL is best known for her *How To Be A Dragon* series, aimed at 8-11-year-olds, but *The Story Of Tantrum O'Furrily* is a picture book, suitable for younger readers and bedtime stories.

In fact, it's a bedtime story within a bedtime story, and sees a stray cat called Tantrum O'Furrily tell her three hungry kittens a tall tale before they settle down to their night time milk.

It concerns Smallpaw, a kitten whose owner has explained that stray cats are bad cats, but Smallpaw finds herself inching out of the cat flap by night, alone, anyway.

It's a book about courage, having the temerity to explore and being brave enough to 'write your own story'.

Mark Nicholas' award-winning illustrations (the book is a Carmelite Prize-winner) are suitably atmospheric – especially his windswept trees – and largely monochrome, with just the occasional flash of marmalade-orange cat, and blood-red fox, the latter of whom, with a sharp nose and steely eyes, is particularly sinister.

Although the message is a little twee at times, Cowell and Nicholas together deliver it rather powerfully.

KIDS' BUYS OF THE WEEK

KIDS parties can be an expensive business, but Rex London's adorable new collection of party accessories won't break the bank. Bursting with colour, it features all the essentials required for the perfect party. Party animal face masks, above, £3.95 for six, Flamingo Bay cupcake kit, left, £5.95, rexlondon.com (formerly dotcomgiftshop.com).



I wanted a child... but I also wanted a career

ALEX Jones' description of what happens when you have a baby is pretty blunt. "It's like a bomb going off," she declares, before adding wryly, "in a brilliant way."

The One Show presenter, best known for interviewing celebs live on telly every weeknight, alongside co-host Matt Baker, became a mum for the first time last January, aged 39.

Now 41, she says: "I'd got myself together in terms of career, I know where I am, and then a baby comes. It leaves you in this new-fangled situation where you don't really know where to start," she adds, remembering the sensation of her world being thoroughly scrambled in the wake of pregnancy.

While lots of new mums are trying to piece together some semblance of sleep and get to grips with breastfeeding, Alex also spent the first chunk of her son Teddy's life writing down everything she was going through.

The result is *Winging It!*, her first – "and last!" – book.

Broken into three portions, it tackles life before the birth, after it, and then what happens to the rest of your world once you've just about got to grips with being responsible for a tiny human.

Alex felt there just wasn't enough information about fertility and pregnancy out there for would-be parents in her and her insurance broker husband Charlie's age-bracket (pushing 40).

In 2016, she made a documentary for BBC1 called *Fertility & Me*, and she says the

TV host Alex Jones chats to **ELLA WALKER** about becoming a parent in her late 30s and the conundrum all working mums face

research involved helped inspire her book.

"I wasn't sure how much I believed all the headlines, about how at 35 your fertility falls off a cliff," says Alex.

"I do still think it's very much on a case by case basis, everybody's body is different, and some people who are in their twenties struggle to get pregnant – it's not something that's just confined to people who are older."

However, during filming, a scientist explained to her how eggs deteriorate as a woman ages, and while doing a form of IVF, showed her the moment they introduce the sperm, via injection, to an egg. "In this case, they injected an egg from a 36-year-old woman, and the whole thing just crumbled," Alex recalls.

"That was the biggest wake-up call to me, that that could be the case. That was the image that stayed with me and made us definitely think, 'We need to crack on with this if we're serious about having a family.'

Luckily, they didn't have any problems conceiving Teddy. "It was very straightforward. But for a lot of friends, unfortunately, that's not been the case. I thought it was important to open up that conversation," says Alex.

That conversation plays out in the book, with Alex also looking at how a baby affects your relationship, how difficult she

found motherhood to begin with, and what it's like – just as you're hitting your career stride – to be a woman and have to "biologically take your foot off the gas, take a step back and actually have the baby".

"At the heart of the book is a lot of honesty," says Wales-born Alex, who has presented The One Show since 2010, and is particularly frank about the decisions she had to make around maternity leave and finding the right time to get back on the BBC's green sofa.

"I have a big respect for the job I do, and what comes with having respect for the job you do is a fear



I love my job, and sometimes I think women find it hard to admit they want to go back to work because they like it.

of losing it," she says. "I love my job, and sometimes I think women find it hard to admit they want to go back to work because they like it."

"People assume you should be saying, 'Well, I want to stay at home because I love my baby,' and of course that is the case – I absolutely adore Ted – but I do like my job as well."

"There's nothing wrong with saying, 'I've worked hard to get to this point and yes, I want a child, but I also want a career,' I think that's fine," she adds. "Men never have to struggle to say that, I don't think women should either."

She admits that "finding the balance is difficult", but notes: "It's not just about liking your job, it's about necessity; lots of us have to go back because it's necessary for us to earn a living and for lots of families, it does take two wages to bring up a child."

In the end, Alex went back to work three months after Teddy was born.

"There were some concerns, mostly from my mum and friends, who said, 'Are you sure, Al, that you're ready to go back, it seems quite soon?' And of course, before you have a baby you don't know how soon that is. I'd made promises before really knowing how I would feel."

Fortunately, she had a "super supportive" boss, who suggested she come back part-time to begin with.

"It worked really well, but I'm not scared to say I was worried about taking maternity leave – it's scary taking time out."

While Alex didn't suffer any pressure on the coming-back-to-

Baby spa visit would be the perfect

THE fair has rolled back into town. Any free space is now full of equipment and plug sockets are taken up with machinery.

After a few days of solitude, the twins are back from their mini-break at gran's house, and they've made their presence felt.

We're back to one full bin-bag a day. As a man, one of my many duties at home, is to take care of anything bin-related.

To the point, I wash the bins, clean under the bins, buy the bin bags, put the bins out, orchestrate overfull bin compression and bin

collection.

Nobody knows more about that bin system than me.

The bins are one of the few things in the house exclusively still mine.

The fact refuse comes under my jurisdiction is how I know we used to do one bin bag every four days.

Although I remember very little about bin logistics as a single man, but that's probably because I didn't care.

Anyway, I realise not everyone is involved in the bin game so despite all the kerfuffle, I'm happier now they're back.

Happy is probably too strong a word because it's hard work but it has sparked an idea.

A luxury spa break hotel exclusively for babies. It wouldn't have a sauna, steam room or big deep pool because I'm fairly sure they're a no-no.

However, you could have baby massage, exciting different foods to try (after six months) and cots lined with high thread count Egyptian cotton.

Parents pushed right to the edge of their physical and mental limits can drop off their small offspring in full confidence the children will be

RICHARD IRVINE

**DOUBLE
TROUBLE
FOR A
FIRST-TIME
DAD OF TWINS**





break... for parents and kids

enjoying a holiday of a lifetime. Mum and dad return to their empty shell-like home of silence and realise the point of life is not to sit quietly and read or watch television or eat dinner at a table.

Life is about tiredness, noise, activity and brief bursts of sunshine when a child smiles at you.

They will then return to collect the baby the next day having learned what made you happy before children was an illusion.



There are two immediate issues with the venture. The first being staff, as for every 100 babies, we'll need 100 members of staff.

The next issue is cost but that's covered by the pricing policy. Occasionally, parents might discover they prefer the serenity and dignity of no children.

For those who need a nudge in the right direction, the price of an overnight stay will double every additional night, ensuring everyone learns about the benefits of living with children.



Celeb advice:
Tom Hanks



KIDS' PUZZLES!

SPOT THE DIFFERENCE



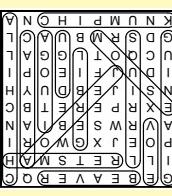
Can you spot the six differences between the pictures below?

WORDSEARCH

Can you find all these rodents in the grid?

G	E	B	E	A	V	E	R	Q	C
I	L	L	R	E	T	S	M	A	H
P	O	E	J	X	G	W	O	R	I
A	V	R	W	S	E	B	I	A	N
E	X	R	P	E	R	E	T	B	C
N	S	I	J	E	B	D	U	Y	H
I	D	U	J	F	I	E	O	P	I
U	C	Q	O	T	L	G	G	A	L
G	D	S	R	M	B	U	A	C	L
K	N	U	M	P	I	H	C	N	A

Solutions



AGOUTI	GUINEA PIG
BEAVER	HAMSTER
CAPYBARA	JERBOA
CHINCHILLA	MOUSE
CHIPMUNK	SQUIRREL
DEGU	VOLE
GERBIL	

FOOD & DRINK



TASTY TREAT

JERUSALEM
ARTICHOKE FUDGE
(MAKES 20 PIECES)

INGREDIENTS
4kg Jerusalem artichokes, peeled, to make 400g artichoke syrup; 500g glucose; 410ml whipping cream; 225g butter; 16g fine sea salt; 20ml cider vinegar; 200g milk chocolate, in pieces

METHOD:

- Roughly chop the artichokes and feed through a juicer. Allow to stand for an hour, and skim off any foam.
- Pass through a double layer of damp muslin, and boil in a stockpot.
- Over a medium heat, allow the juice to reduce at a steady simmer, skimming off any scum, until you are left with a syrup roughly the colour of Marmite and a consistency similar to treacle when cooled.
- Combine the syrup, glucose and cream in a small stock pot and bring slowly to the boil, stirring to combine. When boiling, reduce to a medium simmer and cook to 100°C on a sugar thermometer.
- Turn the heat down as low as it will go, and cook until the mixture is 112°C, stirring gently but frequently. Remove from the heat and beat in the butter while the mixture is hot, followed by the salt and vinegar.
- Scrape the warm mixture into a deep

roasting tin lined with baking parchment.

7. Once the fudge is cool to the touch, transfer the tin to the freezer to set.

8. Remove from the freezer and use the baking parchment to lift the fudge out onto a chopping board. After 10 minutes at room temperature, use a large knife heated in hot water to cut the fudge into 2cm wide strips, then into squares.

9. Line the pieces on fresh parchment and return to the freezer for an hour. Melt chocolate in a heatproof bowl over a small pan of barely simmering water. Using a fork, plunge the fudge squares one at a time into the chocolate to cover them. Knock off the excess chocolate by tapping the fork against the edge of the bowl.

10. Replace in rows on the baking parchment and return to the freezer to set the chocolate.

11. To serve, remove from the freezer, trim splattered chocolate edges with a paring knife, and thaw in the fridge for 30 minutes.

FOR a chef who became Britain's youngest to earn a Michelin star at the age of 24, and triumphed twice on BBC2's Great British Menu, Tommy Banks is remarkably self-effacing.

"I've still got so much to learn," he says. "I don't think I'm a particularly advanced cook."

Many would disagree. Tommy runs the Black Swan in Oldstead, North Yorkshire, where he's been from the age of 17 (his parents own the pub), and became head chef in 2013, retaining the star it had won under previous head chef, Adam Jackson. But he felt fraudulent, as if the dishes weren't his.

Fast forward five years and Tommy has gained a name for himself for his own inventive combinations – he prefers the term "making it all up as I go along" to "self-taught" – using local produce and displaying them as though exquisite pieces of art on the plate.

The Black Swan was voted the world's best restaurant on TripAdvisor in October 2017 and, now, it's always packed.

"Do people achieve things and manage to bask in it? I don't know if I'm different," he wonders, on the publication of his first cookbook, Roots.

"Whenever I achieve something, there's also something else we've got to do."

Perhaps his feet are firmly on the ground because it hasn't always been easy.

"Running a business in a rural place is really tough, it struggled," he admits. Aged 18, Tommy also became very ill with ulcerative colitis, had surgery and spent a year recovering.

"Winning Great British Menu was massive for my self-confidence. Before that, I thought what I was doing was good, but no one else had really (experienced) it, because we were this tiny restaurant and we were quite quiet," says the 28-year-old.

He also admits that he was "petrified and extremely anxious" going into the show, and how odd it was to be recognised afterwards.

I'VE STILL GOT SO MUCH TO LEARN

LAUREN TAYLOR MEETS MICHELIN STAR CHEF TOMMY BANKS AS HE PUBLISHES HIS FIRST COOKBOOK, ROOTS

Now he's on the other side of things, after this year's MasterChef finalists spent a day cooking with him.

Tommy grew up on the farm his family still run in the idyllic rural North York Moors.

As a result, his food is completely dictated by what's grown on the farm, so humble British (or more specifically, Yorkshire) veg always takes centre stage, whether it's a beetroot steak cooked in beef fat, a mainstay at the Black Swan, or in desserts like celery leaf parfait.

Any meat he uses won't be farmed far away either.

"My menus are designed around what we've got coming in," Tommy says.

"I'd never approach it like, 'I want to do a duck dish!' It's more like, 'I've got celeriac, what are we going to do with it this year?'

The book is a real celebration of nature and his homeland.



"Everything I've done over the last 10 years is documented in there, everything I've learned and come up with."

It's true – Roots covers everything from simple family recipes, like his grandma's apple cake, to advanced cooking techniques where you'll need a water bath and a vacuum seal to recreate some of the dishes from his Michelin star restaurant.

He also wants to dispel some of the misconceptions around 'seasonal' eating. "When I started growing produce, I realised there aren't really four seasons in the UK from a culinary perspective, because we literally have nothing ready in January to April, and most of May, depending on the weather."

Roots reflects the farming seasons and is split into three sections – the hunger gap (January to May), time of abundance (June to September) and the preserving season (October to December).

The hunger gap (the "most challenging" of the seasons) is a time for humble onions and wild garlic to really shine, as well as Jerusalem artichokes, Yorkshire rhubarb ("the best in the world") and some foraged ingredients most won't have cooked with before – spruce, lovage and fir.

The first five months of the year also inspire his dishes that play with savoury and sweet – think artichoke fudge or scallops in rhubarb juice.

The easy-to-make John Dory with young vegetables and lemon verbena stock, meanwhile, is perfect for summer – the season of plenty.

The tail-end of the year, with its earthy, iron-y veg like celeriac (seriously underrated according to Tommy) and beetroot, is the time for preserving by fermenting or 'clamping', a process common during war rationing where tops are removed, roots buried in soil and kept in a cold, dry, dark place.

As for what's next for the young chef, Tommy says: "I'd certainly like to do more TV."

If you want to try his food without the Michelin star prices, he's also announced a second restaurant opening this summer, Roots York, which will have a "fun, informal" feel.

■ Roots by Tommy Banks is published by Seven Dials, priced £25.

I WAS pretty giddy the day I visited the Villa Maria winery just outside Auckland in New Zealand.

There I was, thousands of miles away from home meeting the people behind wines I'd seen many times in the UK. Oh, and I was tasting them too. I'm nothing if not predictable.

The winery is an intriguing place; it is set inside a 20,000-year-old volcanic crater which is a wonderful amphitheatre, perfect not just for growing grapes but also the occasional concert. Tom Jones has wiggled his hips here.

I was there to wiggle some glasses and Senior Auckland Winemaker David Roper led me through a tasting of 18 wines (someone's got to do it). Here are four of them.

RAISE A GLASS

WITH JANE CLARE

■ **Villa Maria Private Bin Lightly Sparkling Sauvignon Blanc 2016, right (RRP £11.75, Morrisons, Fareham Wine Cellar, New Zealand House of Wine, Amazon, 12.5% abv):** This is a pretty little wine, appealing to people who like prosecco. It isn't hyper on the bubbles and the clue is in the words "lightly sparkling". Grapefruit and lime aromas zing from the glass and this wine would be really nice for summer.

■ **Villa Maria Reserve Clifford**

Bay Sauvignon Blanc 2017 (RRP £15.95, Sainsbury, 12.5% abv) This vintage has picked up several gold awards in New Zealand and it is easy to see why. It is a blend of grapes from vineyard blocks known for delivering pungent aromatics typical of the Awatere Valley in Marlborough and influenced by the Pacific Ocean. It was so lovely, with limes, herbs, grass and blackcurrant leaf all making an appearance.

■ **Villa Maria Private Bin Pinot Noir 2016 (RRP £13.80, Tesco, The Coop, Asda, Morrisons, 13% abv):** A fruity, easily approachable pinot noir. It has a good balance of fruit and acidity and a nose of red fruits and strawberry with cherries and raspberries on the

palate. It is quite peppery too.

■ **Villa Maria Cellar Selection Pinot Noir 2016 (RRP £16.20, Majestic Wine, Waitrose Cellar, 13% abv):** It has deeper fruit notes than the Private Bin and has seen oak aging in a mix of new and old oak for 10 months, sitting on its lees. It has silky tannins, red fruits have overtures of smoky oak and a cupboard full of dried herbs.

ALSO IN MY GLASS...

TWO reds for your delectation.

■ **Montes Alpha Syrah, right (£9.99, The Co-op, abv 14.5%):** This intense Chilean wine is a delicious, inky-black colour with blackcurrant flavours that taste like "proper" Ribena (before they took all the sugar out),

combined with notes of liquorice and a slight peppery spice on the finish. There's a hint of coffee and even toffee in there as well. Perfect with a steak or any red meat and good value.

■ **The Society's Sicilian Reserve Red 2013 (£8.25, The Wine Society, 13.5% abv):**

I sipped this with a wine geek pal and we both went ooooh, nice! It is made from the nero d'Avola grape and is partly aged in French oak with another 12 months in bottle. It is rich and fruity with spice, plums, lavender, vanilla and a cherry on top.

■ Jane is a member of the Circle of Wine Writers. Find her on social media and online as One Foot in the Grapes.





Tommy Banks,
left, and
his first
cookbook,
Roots, left

MICHELIN star chef Tommy's first cookbook, *Roots*, includes his winning dish from last year's BBC2 show Great British Menu.

This unusual turbot dish was designed as the fish course for a banquet celebrating the Wimbledon Tennis Championships - hence the strawberries and cream - but it's also a great example of Tommy's signature play on savoury and sweet. "While this dish is cutting edge in its combination, the technique is based on solid classical cookery," Tommy says in the book. Just a warning though - in the difficulty rating, this is at the trickier end of the scale.

INGREDIENTS

150g chives; 150ml grapeseed oil (available via Amazon); 150g green strawberries, cut into 2mm dice (if available, just use red ones if not); 150g red strawberries, cut into 2mm dice; 150g golden beetroot, cut into 2mm dice; 150g fennel bulb, cut into 2mm dice; 150g white turnip, cut into 2mm dice; 4 x 120g skinless turbot portions; knob of butter; sprinkle of fennel pollen (available via Amazon); sea salt

For the sauce: 2 shallots, sliced; 10g butter; 150ml dry white wine; 150ml vermouth; 300ml fish stock; 300ml double cream; sea salt

For the elderflower vinegar: 20 ripe elderflower heads; 500ml chardonnay vinegar

For the green herb oil: 500g green herb leaves (works best with strong, soft herbs like lovage or chives); 250ml grapeseed oil

Equipment: Thermomix

METHOD

1. Make the green herb oil: Blitz the herbs in a food processor to a rough

green slush. Tip this into a muslin cloth and work hard to squeeze out any water. Return the dry herb pulp to the blender.

2. Heat the oil to 70°C and blitz with the herbs until thoroughly combined. If your blender has a heating element you don't need to preheat the oil. Just blend the oil and herbs at 70°C for five minutes.

3. Leave to marinate overnight before hanging oil in a muslin cloth over a bowl.

4. Make the elderflower vinegar: Check the elderflower for any bugs, then stuff them into a large jar and pour over the vinegar. Place the jar in a pan of water so the water covers the jar and bring to the boil. Turn off the heat and allow the jar to cool in the water before storing in the fridge.

5. To make the sauce, sweat the shallots in the butter until they are soft but do not allow them to colour.

Add the white wine and reduce over a medium heat until the wine is a

BERRY NICE
TURBOT WITH
STRAWBERRIES
AND CREAM
(SERVES 4)



syrup coating the shallots, then add the vermouth and reduce again.

6. Add the stock and reduce by half. Finally, add the cream and again reduce by half. Check the seasoning and reserve for later.

7. Put the chives in a food processor and blitz until they are a mush.

Scrape the chives out of the bowl and onto a clean cloth. Squeeze the chive mush in the cloth to remove all the water - you should end up with a dry ball. Place the dry chives and the grapeseed oil in a Thermomix jug. Blitz for seven minutes at 70°C then strain through a muslin cloth.

8. Season the diced strawberries and vegetables with salt and dress in one tablespoon of elderflower vinegar and one tablespoon of herb oil.

9. Roast the turbot in a pan with lots of foaming butter on a medium heat,

placing it skin-side down, frying for one to two minutes on either side.

10. Heat up the cream sauce, add four dessert spoons of the chive oil and whisk it in - the white sauce should be marbled with bright green oil.

11. To serve, spoon the vegetable tartare (diced fruit and veg pieces) onto four plates, add the turbot and pour over the cream sauce. Sprinkle with fennel pollen to finish.

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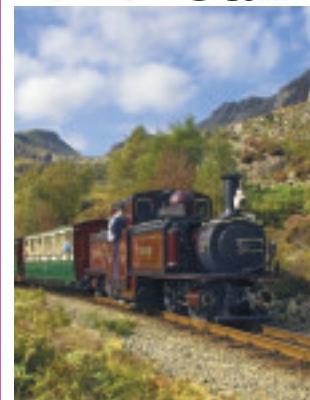
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PAST TIMES

Oi, mate! Wanna buy a famous landmark?

MARION McMULLEN
looks at the price tag of some historic sites as we mark the 40th anniversary of the sale of London Bridge

THE traditional nursery rhyme warns "London Bridge is falling down" and officials decided it was time to put the historic stone structure up for sale when it was discovered to be in real danger of collapse in the 1960s.

American oil tycoon Robert McCulloch thought the five-arch bridge would be the perfect tourist attraction and forked out \$2.46m on April 18, 1968, to move everything brick by brick to the hot climes of Arizona.

It took three years to move the 1,000ft-long structure 10,000 miles from the River Thames to its new home in America.

A total of 10,276 pieces were shipped via the Panama Canal to Long Beach, California, and then transported by a convoy of trucks to Lake Havasu City. It then cost a further \$7m to rebuild the 19th century bridge.

At the time it did not even have any water running underneath it at the new America site, but Robert McCulloch arranged for a mile-long channel to be dredged from Lake Havasu to create a waterway for London Bridge again.

It has now become one of the major tourist attractions in the area.

Ancient monument Stonehenge, in Wiltshire, was advertised for sale in Country Life magazine in 1915.

It was part of several lots of real estate in the area that were put up for auction and the famous site was bought on a whim for £6,600 by barrister Cecil Chubb as a romantic gift for his wife Mary... although she apparently had been hoping for some new chairs and curtains from the auction instead.

He later deeded Stonehenge and



its famous standing stones to the nation in 1918 and was made a baronet for his generosity by Prime Minister Lloyd George and given the title Sir Cecil Chubb, First Baronet of Stonehenge.

One of Britain's most famous landmarks, it was added to UNESCO's list of World Heritage Sites in 1986.

Playboy publisher Hugh Hefner is responsible for saving the iconic Hollywood sign not once, but twice. The original sign spelled out



Stonehenge c.1870, left, and Sir Cecil Chubb, who bought the site in 1915, pictured above with his wife Mary

Hollywoodland and was put in place in the 1920s as a property advert. It was later shortened to just Hollywood, but by the late 1970s the famous sign was looking a bit worse for wear.

Hefner auctioned the old letters at a party at the Playboy Mansion and raised enough money to pay for a new sign. He stepped in again 32 years later when property developers wanted to buy 138 acres near the sign. He donated nearly \$1m to the fundraising campaign saying: "It is

our Eiffel Tower. It represents, I think more than a city, it represents Hollywood dreams."

Smooth con man "Count" Victor Lustig tried to sell the Eiffel Tower in Paris itself for scrap metal in 1925... twice.

He read a newspaper article about how the Paris landmark was rusting and in need of repairs so sent out official-looking letters to five businessmen inviting them to bid for the rights to demolish the tower and sell it for scrap.

One target, Andre

Poisson, was so keen he not only "bought" the famous structure of 7,000 tons of iron, but also gave Lustig a healthy bribe.

Poisson was too embarrassed to later report that he had been conned to the police but, when Lustig tried the same scam a few months later with another group, the police were alerted. However, Lustig managed to evade arrest and fled to America.

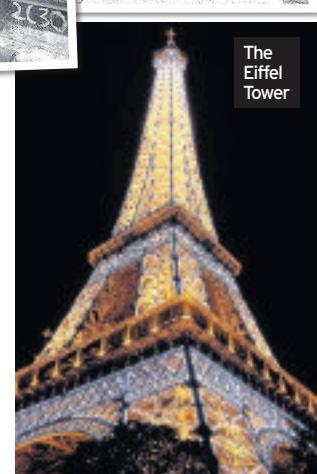
He once said: "I cannot understand honest men. They lead desperate lives of boredom."

Former Texas mission The Alamo became a military garrison and was the scene of a bloody 13-day siege by Mexican troops in 1836 as legendary figures like Davy Crockett and Jim Bowie tried to defend it against overwhelming forces.

Part of the historic site was earmarked for



London Bridge, below, and being dismantled ahead of its journey to the United States, right



The Eiffel Tower

demolition in 1903 to make way for a new hotel but heritage group the Daughters Of The Republic of Texas raised \$75,000 to save it from being developed.

They were reimbursed by the Texas authorities two years later.

Bran Castle in Romania is commonly known as Dracula's Castle and straddles the regions of Transylvania and Wallachia.

It was the home of Romania's royal family until 1948 and was then confiscated from Princess Ileana by the communist government.

The cliff-top castle was returned to the Habsburg family in 2006 and it was believed it would fetch \$135m when it was put up for sale.

Maybe it was a lingering fear of resident vampires hungry for blood, but no one was keen to live in Vlad the Impaler's property and the castle is now a museum and a major tourist attraction.



A group of men, most likely surveyors and builders in front of the Hollywoodland sign



Hugh Hefner



Bran Castle, aka Dracula's castle in Romania

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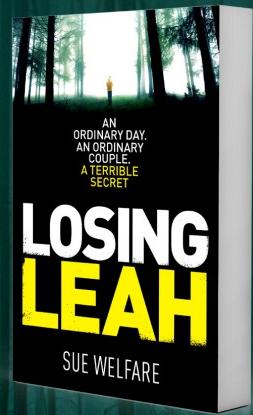
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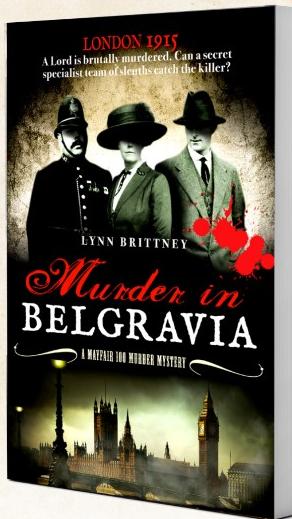
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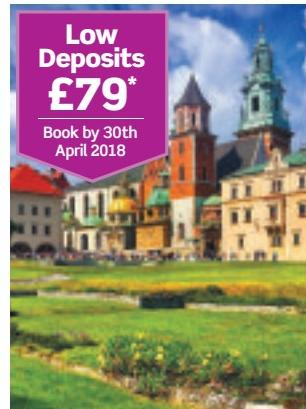
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PUZZLE TIME

Pathfinder

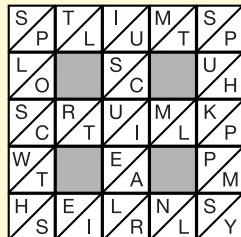
Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Samuel L Jackson films



Split Decision

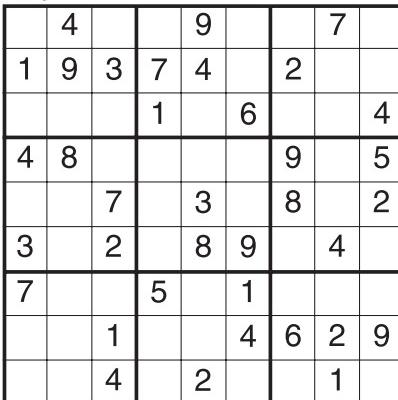
Cross out one of the two letters in each divided square to reveal a completed crossword grid.



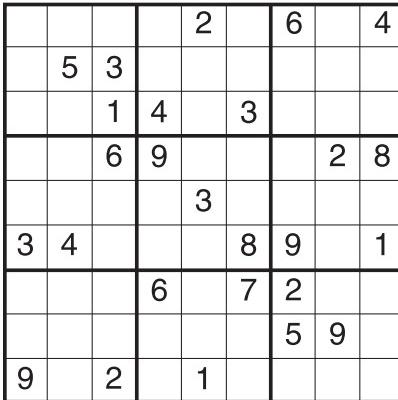
Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3x3 box.

Easy



Hard



Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

Cryptic

Across

- Computer Mark 1? (6)
- They perform together as a body of soldiers, we hear (6)
- It's lightly mantled (3-4)
- 11 & 25Ac. Half a mo! (5,6)
- Archer gets sore back (4)
- Use discrimination in cutting fruit (5)
- Denude a thin piece (5)
- See 3 Down.
- Make merry with a lively dance round the capital of Victoria (5)
- Disturbed sleep I have (7)
- Equivalent status for one in a political faction (6)
- See 11 Across

Down

- They are transported by Masefield's poem (7)
- It's meant to be played by bachelors with very little delay (7)
- 3 & 18Ac. Sweetbread? (5-4)
- Gift dispatched in advance? (7)
- To be intimidating you need a bit of beef (5)
- Comfortable place for the start of a new life, we hear (5)
- They provide incentives for horsemen (9)
- One showing agility in twisting the tale (7)
- One who helps the teacher to test for radioactivity (7)
- Commits a foul - send off, maybe (7)
- Edible rubbish (5)
- Voter upset - it's not secret (5)
- The least error will reveal a bloomer (5)



Scribble pad

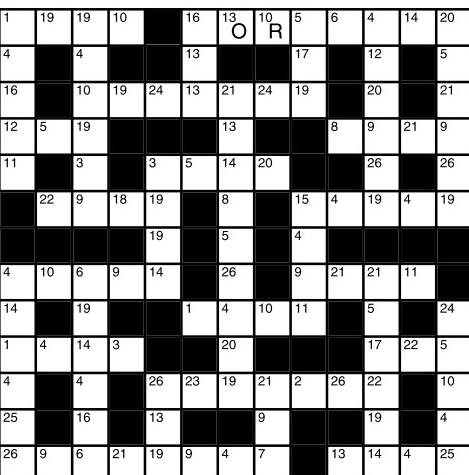
Quiz



Q1 - Jonathan Ross

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

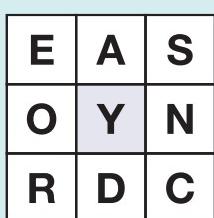


A B C D E F G H I J K L M N O P Q R S T U V W X Y Z



Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.



How you rate:

20 words - average; 30 words - good; 40 words - very good; 50 or more - excellent.

Quick

Across

- Counting device (6)
- Company of actors (6)
- Light source (3-4)
- Separate (5)
- Cupid (4)
- Dried plum (5)
- Denude (5)
- Loiter (4)
- Make merry (5)
- Uneasy (7)
- Equality (6)
- Unit of time (6)

Down

- Freight (7)
- Instrument (7)
- Sweetener (5)
- Introduce (7)
- Intimidate (5)
- Ship's bed (5)
- Makers of riding devices (9)
- Sportsman (7)
- Television set (7)
- Hurts (7)
- Edible stomach lining (5)
- Open (5)
- Flower (5)

- Petersburg known from 1924 to 1991?
Which tree's edible nuts are also known as cobnuts?
In which country are spaniels thought to have originated?
Which religious and political movement in 16th-century Europe led to the establishment of Protestant churches?
On which notorious fracture in the earth's crust was the city of San Francisco built?
What is the name of the famous whirlpool off the Norwegian Lofoten Islands?

LAST WEEK'S SOLUTIONS

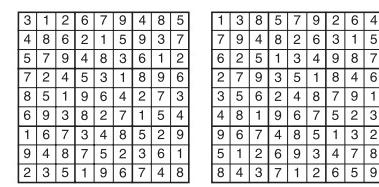
Pathfinder

Freak Like Me, Angels with Dirty Faces, Round Round, Walk This Way, Caught in a Moment, Too Lost in You, Run for Cover, Stronger, Catfights and Spotlights, Wear My Kiss, Push the Button, One Touch, In the Middle, Hole in the Head, Overload, Taller in More Ways, Red Dress, Get Sexy, About You Now.

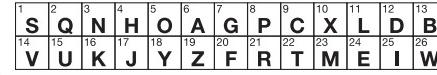
Quiz

1. Susan Sarandon; 2. Charles Darwin; 3. Ivy League; 4. Madrid; 5. Sigmund Freud; 6. Maggots; 7. Hawthorn; 8. Jack Russell terrier; 9. Massachusetts; 10. Red Sea.

Sudoku



Codeword



Two-Speed Crossword

Across: 1 Cliffs; 4 Makes up; 8 Bellows; 9 Named; 10 Line; 11 Seasonal; 13 Lent; 14 Pier; 16 Engraver; 17 Fare; 20 Edict; 21 Anagram; 22 Treadle; 23 Layer. Down: 1 Cobelligerent; 2 Felon; 3 Stop; 4 Missed; 5 Kingship; 6 Seminar; 7 Paddle steamer; 12 Unwanted; 13 Lignite; 15 Debase; 18 Array; 19 Hail.

Wordsquare

LINGERING

Split Decision



THURSDAY, APRIL 19, 2018

ESSEX.LIVE.NEWS/PROPERTY

PROPERTY & LIVING

SUNNY SIDE UP

Six simple ways
to bring a little
sunshine into
your interiors

PAGES 42&43



HIGH AND MIGHTY

Stunning classic Victorian
house within Harlow Old Town
conservation area PAGES 38&39

HOT HOUSE



TOTALLY MODERN DECKED HOME



It is not just holiday homes which come with their own balconies often newer properties do too. Take this four-bedroom semi-detached town house in Harlow's Newhall development. Its accommodation is arranged over three floors with the stunning master bedroom right at the top.

The bedroom has a double-glazed door which leads to a balcony – providing views to the rear. There is an adjoining dressing room with fitted wardrobes and an en-suite with a shower, bath, toilet and hand wash basin.

The family home offers good-sized accommodation comprising an open-plan kitchen and lounge area downstairs with bi-folding doors onto a landscaped rear garden.

The kitchen features a range of base and eye level units with an integrated double oven and an inset gas hob. Other fitted appliances include a

dishwasher, fridge/freezer and washing machine.

On the first floor there are three bedrooms, a family bathroom and a door leading out to the sun terrace. The terrace is laid with decking and has a retaining balustrade.

Meanwhile the family bathroom features a toilet, hand wash basin, panel enclosed bath with screen and a heated towel rail.

Outside there is off-street parking to the side via a double-length driveway. The garden comes with its own timber shed and garden room which has power running into it.

The property is located in High Chase and is convenient for commuting into London. Harlow Mill station is 1.2 miles away, Harlow Town 2.1 miles and Sawbridgeworth 2.8 miles.

It is on the market for £485,000 through Intercounty in Station Road, Harlow. To request more details or arrange a viewing call 01279 949054 or visit <https://www.intercounty.co.uk/>



SELLING POINTS

Address... High Chase, Newhall, Harlow

USP... EPC Band B, four bedroom town house, garden room, stunning master bedroom, double length driveway, sun terrace and balcony, beautifully presented, office/garden room

Price... £485,000

Agent... Intercountry on
01279 639666



YOUR HOME

LET THE SUN SHINE

Put a spring in your step - and home. **GABRIELLE FAGAN** seeks out all things bright and beautiful

If you're longing for sunny days but the weather's not co-operating, you could change the climate indoors by embracing a sunshine colour palette. Adding splashes of yellow to your decor with a lick of paint, a feature wall in a zingy paper or some vibrant accessories, will give it an instant lift.

Pick a shade you like, whether it's canary, daffodil, buttery or a mellow golden hue, and then sit back and bask in the glow (no sun protection required).

1 TURN THE TABLES ON THE WEATHER

Yellow's sunny properties make it ideal for a kitchen or dining room.

Lift the spirits with a bright tablecloth or, if you're up for some spring DIY, paint kitchen chairs in a bright yellow shade, or add a citrusy splash back.

2 COLOUR UP WITH YELLOW

If you're nervous of yellow (for some people, it can fall into the Marmite category) simply add pops of the colour in accessories, from tableware to lights.

3 WAKE UP A WINDOW

Guarantee a sunny outlook by dressing a window with bright yellow shutters, a blind or curtains.

This colour is the ultimate mood booster - with a mellow undertone, it's cheerful without being too in-your-face,

or in its boldest form, it gives rooms confidence and freshness.

4 SIT IN THE SUNSHINE

No need to wait for summer blooms - take a shortcut with Joules' Cambridge collection from DFS.

Teamed together, yellow and neutral tones are in natural harmony.

Calming greys or whites tone down the strength of yellow and, in return, the uplifting, sunny shade gives a scheme a personality and strength.

Keep an eye out for DFS's funky Tide sofa, in yellow velvet graffiti, too - available early June.

5 WARM UP THE WALLS

If you've fallen in love with a yellow palette, create a feature wall with a patterned wallpaper.

Alternatively, use the shade for paintwork - doors, windows and skirting - this is particularly effective when contrasted with a dark shade for walls, and will really make a scheme sing.

6 BRIGHTEN A BEDROOM

Turn up the heat in the boudoir with a shot of yellow for bedding, and if you're yearning for tropical climes, conjure a far-flung sanctuary vibe with vividly patterned bedlinen.

Add a few faux palms and some rattan furniture, and all you'll be lacking are cooling sea breezes.

House by John Lewis jersey bedspread, Mustard, £40; Poolside palm duvet set, £35 - in stock end of April (johnlewis.com)



The Pantry wall clock, citrus yellow, £35, Amara (amara.com)

Joules Cambridge, four-seater sofa in a yellow plain and floral combination, £998; Joules Cambridge accent chair, in mushroom floral cotton, £699, DFS (dfs.co.uk). Left, colour swatch, Chalk Paint in English Yellow, £19.95 for 1ltr, Annie Sloan (anniesloan.com)



Tide three-seater sofa, in yellow velvet graffiti, price on application, DFS - available early June

Tweedmill, pure new wool chequered throw, yellow, £4999, Black By Design (black-by-design.co.uk)

Tweedmill, pure new wool chequered throw, yellow, £4999, Black By Design (black-by-design.co.uk)



Dove grey and yellow velvet pom poms cushion, £28, The French Bedroom Company (frenchbedroomcompany.co.uk)



Alter wallpaper by Karlie Klum, £28 a roll, Limelace (limelace.co.uk)



Alora duvet cover set, from £15, JD Williams (jdwilliams.co.uk)

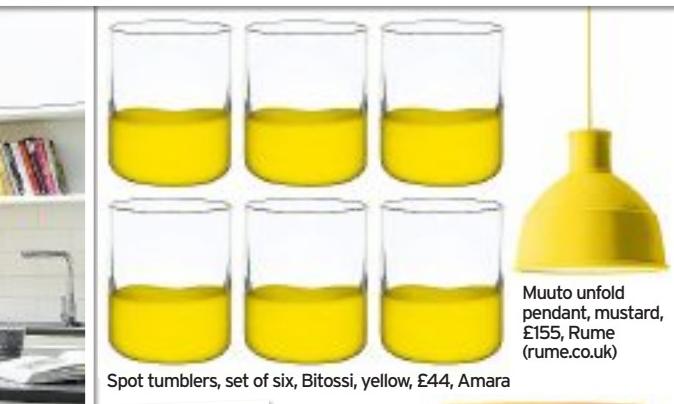


Loneta Tablecloth, in sunshine yellow, from £22 (130x160cm) or made to measure, Dekoria (dekoria.co.uk)



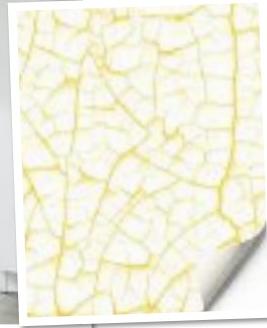
Parade handmade vase, £25, Amara

Yellow shutters, which start at £299 per square metre for standard colours and custom finishes - both including at home consultation and installation, Shutterly Fabulous (shutterlyfabulous.com)



Spot tumblers, set of six, Bitossi, yellow, £44, Amara

Muuto unfold pendant, mustard, £155, Rume (rume.co.uk)



Scratch wallpaper, by Wonderbold-Y, £229 a roll, Limelace

*Prices correct at time of going to print. Offers available while stocks last



Tulip lamp, tulip yellow, reduced from £25 to £19, Made.com

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YOUR GARDEN

With Dármuid Gavin

BUILD A COLLECTION OF COLOURFUL PERENNIALS AND THEY WILL COME BACK YEAR AFTER YEAR

The flowers many of us enjoy in our borders are often perennials – lupins, delphiniums, oriental poppies, penstemons and the like.

What this means is that they come back year after year, but rather than building up a woody network of stems and branches, generally from late summer their foliage dies back under the ground to reappear the next spring.

We tend to buy these plants in garden centres and at flower shows when they are in bloom. But if we plan properly, it is possible to create a complementary collection of perennials which fill out our borders.

First, as with all planting schemes but especially when using the type of plants that will produce huge amounts of lush growth and flower every year, prepare the ground well.

It's your big opportunity to create a great foundation to anchor the plants and to provide the roots and shoots with everything they need.

Loosen the soil, remove stones and add organic matter – this can be composted horse and garden waste or bags of well-rotted manure. All of this is much easier to achieve before you start planting rather than trying to repair ill-performing soil in a couple of years.

Most perennials prefer a pH of about 6.5, although some prefer more alkaline or acidic soil. If you have trouble with a particular plant, check its pH requirements and the pH level of the soil in your flower garden.

If your plants look stressed during the growing season or if you see disease or insect damage, feed them with a quick-release organic fertiliser.

If a plant performs poorly, try moving it to a different location. If it still isn't happy, give it away or send it to the compost pile.

Keep newly transplanted perennials well watered for the first few weeks. Water deeply to saturate the entire root ball and establish good contact between the roots and the surrounding soil. Most perennials can be divided in early spring every couple of years when new growth is only a few inches high. If you miss your chance in the spring, be patient and wait until autumn.

Iris are the one major exception to this rule: they should be



There is little to beat the colourful borders of a country garden



transplanted in early summer, right after they have bloomed.

When designing a perennial garden, think about how you'll get access to your plants to stake, deadhead or divide them. Paving slabs can be used as stepping stones within the garden or set a walkway of forest bark. A walkway created at the back of a border will be hidden during the growing season, but will make the

bed accessible for spring and autumn maintenance duties.

Read the labels on the plants and discover what sizes they will grow to. Position taller species at the back and lower growers at their feet or to the front.

Choose different species to do different jobs – mounds of nepeta, alchemilla and hardy geraniums are brilliant for filling in gaps and edging

the front of the border. Use spires of salvias, verbascum and iris to create vertical interest points, and floaty perennials, such as veronica, cow parsley and fennel, to soften the look.

Try to include plants that will flower across the seasons – for spring, aquilegias, primroses and Solomon's seal, and then for late summer and autumn flowering plants, such as rudbeckias, helichrysums, chrysanthemums, crocosmia and sedums.

Keep an eye on the colours so you build a harmonious arrangement.

Rather than buying single plants of lots of species, choose your top 10 and buy a few of each so you can repeat patterns and knit your scheme together.

If you start this year, your plants will bulk up over the years and combine to form a mature and artistic arrangement.



Penstemons are a striking addition to the border

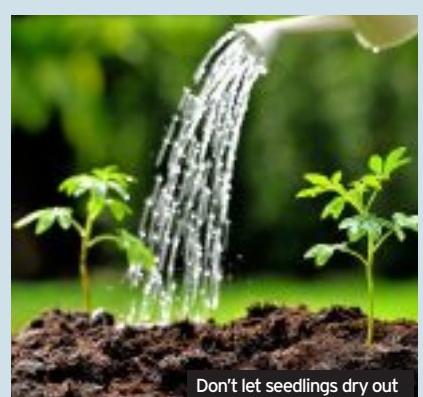


Get rid of weeds

- Spring-clean your borders – hoe or dig up emerging weeds and mulch with compost or some well-rotted manure. You can also add a fertiliser, such as chicken manure, seaweed or a slow-release brand.
- Plant out strawberries and main-crop potatoes.
- In the veg garden, it's outdoor sowing and planting time for loads of crops – leeks, peas, beetroot, radish, cauliflower, onions, carrots, spinach, broccoli, cabbage, artichoke, broad beans, Swiss chard and spinach.
- Divide and replant kniphofia.
- Cut dead ferns to reveal new shoots.

JOBS FOR THE WEEK

- Check on your seedlings – do they need watering? Bedding plants that have developed true leaves are ready to be pricked out and potted individually. Tomato seedlings may be big enough to pot on.
- Give plants in pots a boost with some liquid fertiliser.
- Take sedum cuttings now from active growth.
- Sow sweet peas outdoors now or plant out autumn-sown sweet peas.



Don't let seedlings dry out

Lupins give height and structure and an amazing range of colours



ASK DIARMUID

Q Could you possibly identify this plant for me?

It appeared in one of my pots a couple of years ago. It only flowered this year. I don't even know where it came from.

George Melia via email

A That's a Helleborus foetidus, a lovely architectural perennial that landed as a seed in your pot, perhaps on the wind or dropped by a bird, and has taken a

couple of years to mature.

It is sometimes known as the stinking hellebore because if you crush the leaves there can be a pungent aroma.

It's a desirable ornamental plant with its handsome evergreen foliage, and its nodding cup-shaped flowers are delicately rimmed with purple.

One note of caution - all parts are toxic if ingested.



PLANT OF THE WEEK

DORONICUM (Leopard's bane)

This is an early flowering perennial that could almost trick you into believing it's summer with its bright yellow daisy flowers.

Coupled with attractive foliage, it forms a mound around a foot high and

across, and makes a lovely front border or edging plant. It does well in sun or semi-shade and makes zingy combinations with bulbs, such as daffodils and tulips.

It will also be welcome nectar for the early pollinating insects.



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Harlow Star

YOUR HOME

There's something so pleasing about shelves. Such a simple, understated thing in the grand scheme of all things homes and interiors – but so useful, and so fun to look at.

Closed cupboards and closets have their place, of course (we all need somewhere to stash unsightly clutter and shove stuff before guests come round), but shelves are made for keeping things on show. And that makes them an extension of your personal taste and style, and a means of ensuring things that bring you joy (or need to reach for often) are always visible.

Styling up a shelf – perhaps with a draping plant, a handcrafted jug picked up on holiday and a treasured favourite photo – has got to be one of the simplest, and cheapest, ways to add character and a personalised touch to a room. And who doesn't love having a good nosy at other people's bookshelves?

Whether we realise it or not, the contents and order (or chaos, as the case may be) of our shelves say a lot about who we are. Yes, shelves are practical, but their visual and curiosity-coaxing appeal goes so much further than that.

So, we're in agreement: Shelves are great. Thinking of attempting to put one up yourself? Here are a few pointers to help you get started...

1 CHECK YOUR WALLS

Safety always comes first – so don't even think about drilling or hammering into a wall before you've checked it's safe to do so, and the wall is suitable.

If you're unsure, the pros at B&Q suggest using a multi-purpose digital detector: "They're simple to use and will let you know if there are any pipes, cables or studs where you're planning to work – simply run it over the surface of the area and it will tell you where any hazards lie."

2 TEST THE STRENGTH

Make sure your shelf is going to be strong enough for what you intend to place on it – this isn't just about the shelf itself, but how it's fixed to the wall. You don't want something flimsy that's

Shelf life

Whatever you do, make sure the wall's safe to drill into and use a spirit level. Oh – and make it look pretty, advises **ABI JACKSON**

going to sag or, worse, fall off.

B&Q says: "To see whether a new shelf might sag, try resting it on stacks of bricks or books, spaced according to where the brackets will be set. Put the desired items on the shelf and then use a straightedge along it. If the shelf sags, bring the stacks closer together until it's completely straight. If the brackets can't be fixed that close together, you'll need to use a thicker material for the shelf."

3 GET THE RIGHT MATERIALS AND BRACKETS

"There are a variety of shelving materials to suit different needs, from chipboard and MDF, to high-quality hardwoods like oak and beech.

"It's usually best to choose and space brackets according to the shelf material, its thickness, and the load the shelf will be supporting. Whether the brackets are fixed or part of an adjustable shelf system, these are always available in light, medium or heavyweight versions."

If you're not sure, ask one of the DIY shop staff – they're there to help. Or buy a DIY shelf pack that contains everything you need.

4 MAKE SURE IT'S STRAIGHT

No really – please make sure it's properly straight before you start drilling and attaching. It might 'look' straight from where you're standing, but holding up a pencil, squinting or standing on the other side of the room never matches the accuracy of actually using a spirit level. You really don't want to do all the work and then realise your shelf is a little lop-

sided after all.

If you don't have a spirit level, they're not too pricey: B&Q has a Magnusson Spirit Level for £9.97 (diy.com).

5 STYLE IT UP!

Task complete – and it's straight? Big pat on the back for you. Now for the really fun part, styling it up.

Your shelf might already have a designated purpose in mind (mugs, jars or cookbooks in the kitchen; lotions and potions in the bathroom) but that doesn't mean you can't enjoy the process of getting it looking nice. And if its purpose is more to add to the style of a room, think about adding extra dimensions, colour and light (draping some fairy lights on a shelf works well in a bedroom or lounge), and a striking objet d'art on a high-up shelf is a great way to draw eyes upwards and elevate a space.



Show off your personal taste



Shelves can be fun as well as useful

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SHOP HOME

The write stuff

It's National Stationery Week next week, so **DAN BEAVAN** draws up a desktop wishlist

Left:
Rulers wallpaper by Mr & Mrs Vintage NLXL, £175, each roll covers 4.9Sqm, limelace.co.uk

Left:
WHSmith
Ocean Blue Mini
multi drawer
Unit, £14.99,
WHSmith

Right:
Dead Tidy
desk organiser,
£6.95,
red5.co.uk

Below left:
Cohen recycled
magazine waste paper
bin, £10, Habitat.co.uk
Right: Fila pencil giclee
print, 46x61cm,
£83.99,
allposters.com

Below:
Alida home office
set, yellow, £29,
made.com

Helix desktop sharpener,
£7.99, viking-direct.co.uk

Left: Succulent
in cement, £6, Tesco
Above: My Pencil Case,
£6.95, Restoration
yard.com
Below, right: Cloud
pencil and eraser
set, £10,
redcandy.co.uk

Below: Bobby
multi-coloured metal
desk lamp, £20, Habitat
and WHSmith
pastel marble effect A5
notebook, £4.99,
WHSmith

Left:
Genius
paper clip
holder, £8,
OOSTOR.
com



...STYLISH OFFICE CLOCKS



CHROME-O-GRAF
Contemporary clock in
chrome, was £65 now £55
heals.com



SECOND FAVOURITE
Thomas Kent Arabic
wall clock, £48
black-by-design.co.uk



TIME AND SPACE ODDITY
He Was The Nazz
clock, £30
ArtWow.co



TIMELY DECISION
Home grey wall
clock, £14
Sainsbury's

*Prices correct at time
of going to press



Guide Price £380,000 - £390,000
Sold Another EPC C
Westbury Rise
This property located within the popular development of Church Langley has now been SOLD stc. If you are thinking of selling in this area please call 01279 443311. Ref 14159 Thinking Of Selling?



Watch The Family Grow

Hawkenbury

£583,000

EPC E

Located within a popular road is this four bedroom detached family home with three reception rooms. The property has been extend to allow more living space, however, there is still plenty potential to extended. This property is close to local schools and is within walking distance to local amenities. Ref 14346

[View Today](#)



Guide Price OIRO £264,995
Move In, Unpack And Relax EPC TBC
Westfield
haart are pleased to offer this family home that is situated within walking distance to local schools. The property has been converted in three bedrooms. Ref 14343 View View View



Modern Family Built Home £254,950
Pegrams Court EPC C

Located within walking distance to Kingsmoor Academy primary school and Stewards Academy secondary school is this three bedroom terraced family home. The property is being sold chain free. Ref 14310 Call 01279 443311



Guide Price £280,000 - £290,000

Willowfield
Make This Home Your Own
EPC TBC

Offered chain free is this three bedroom end of terrace family home. The property needs some modernisation and would be the ideal home if you were looking to put your own stamp on a property. Ref 14337

[Call Us Today](#)



Guide Price £160,000 - £170,000
SOLD SOLD SOLD EPC C
Mallows Green

This one bedroom home located in the Summers development has now been sold STC, if you are thinking of selling your property please call 01279 443311. Ref 14281 Call haart Today



Guide Price £270,000 - £280,000
Impressive Two Bedroom With Parking EPC C
Purford Green

This two bedroom end of terrace home is the ideal property for you to start your new found independence. Simply unpack as all the hard work has been done for you. Ref 14282 Call Today



Guide Price £360,000 - £370,000
A Commuter's Delight EPC B
Bowhill Way

This modern three double bedroom family home is arranged over three floors and benefits from a spacious master bedroom with a en-suite shower and dressing room. Ref 12632 Thinking Of Selling?

Guide Price £435,000 - £445,000
Extended Family Home

EPC D

Glebelands

An impressive family home catering for all the family is this extended five double bedroom end of terrace, benefiting from off road parking, ground floor shower room and conservatory. Internal viewing is highly advised. Call now to view. Ref 14352

- Five Double Bedrooms
- End Of Terrace
- Three Reception Rooms

- Modern Fitted Kitchen
- Ground Floor Shower Room
- Off Road Parking

Dont Miss Out



Guide Price £260,000 - £270,000
Thinking Of Selling?
Taylifers

This three bedroom end of terrace home located in the Summers area on the outskirts of Harlow has now been Sold STC, call haart today for more information on selling. Ref 13797 Phone In Today!



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£269,950

OLD HARLOW (Riverside Court)
2 bedroom apartment on a riverside location with fine views. Gated private development. Walking distance of train station. Luxury kitchen and bathroom, 2 bedrooms, living/dining room, allocated parking. Sole agents.



£289,950

SAWBRIDGEWORTH (High Wych Road)
Beautifully presented modern house with a contemporary kitchen, living/dining room, 2 good size bedrooms, family bathroom, enclosed rear garden, allocated off-road parking. Double glazed and gas fired central heating. Sole agents.



£340,000

SAWBRIDGEWORTH (Queens Close)
Extended and nicely presented 3 bedroom family home. Entrance porch, downstairs w.c., large living room, re-fitted kitchen through to a large conservatory, good size garden, views over farmland, 3 good size bedrooms. Sole agents.



PRICE GUIDE £350,000

BUILDING PLOT (Old Harlow)
2,000 sq ft 4 bedroom detached bungalow, 95ft x 90ft in a prestigious location with beautiful views. Phone now for details. Sole agents.



£349,950

SAWBRIDGEWORTH (Northfield Road)
3 bedroom home with a large corner garden and scope to extend (stp). Sitting room, kitchen/breakfast room, conservatory, approximate 45ft rear garden, potential for driveway (stp). Sole agents.



£389,950

GREAT HALLINGBURY
3 bedroom semi-detached home with planning permission for extension. Good size plot in a village location. Offered with vacant possession and no onward chain. Sole agents.



£410,000

GREAT HALLINGBURY (Howe Green)
Recently renovated unique 2 bedroom detached home with a good size garden, views over farmland, south facing plot, gated entrance with plenty of parking, 2 good size bedrooms, brand new kitchen and bathroom. Beautifully presented. Vacant possession offered. Sole agents.



£489,950

LITTLE HALLINGBURY
Recently refurbished 4bedroom semi-detached home with a good size garden, parking to front, high gloss kitchen leading through to a large family room with bi-folding doors to patio, downstairs w.c., lounge, en-suite to master bedroom, re-furbished bath/shower room. Superb country lane location.



PRICE GUIDE £600,000

HATFIELD BROAD OAK (Broad Street Green)
Spacious 4 bedroom detached thatched cottage with a good size sitting room, separate dining room, garden room, large ground floor bedroom and bathroom, 3 bedrooms to the first floor, en-suite, sunny garden, excellent parking and close to the village centre. Sole agents.



£500,000

SAWBRIDGEWORTH (Station Road)
Beautifully presented 3 double bedroom period house on a raised position in the centre of Sawbridgeworth. Good size sitting room, large dining/family room, kitchen, off-street parking, garden and period features. 5 mins to station. Sole agents.



£649,950

SAWBRIDGEWORTH (Great Hyde Hall)
3 double bedroom home. Walk to station, 42 acres of communal grounds with tennis courts and croquet lawn. Interior designed to a high standard. Large living room, dining room, brand new kitchen, luxury en-suite, 2 patio courtyard, parking, generous ceiling heights, sash windows.



£675,000

MANUDEN (Butt Lane)
4 bedroom, 4 bath/shower room detached family home with a gated entrance in a country lane location. Views over farmland, detached carriage storage and storage, spacious ground floor layout. Offered with immediate vacant possession and no chain. Sole agents.



£850,000

HATFIELD BROAD OAK
Impressive 5 bedroom detached home with spacious accommodation. Large sitting room, dining room, kitchen, utility, study, south facing garden and a block paved drive. Offered with vacant possession. Close to village centre. Sole agents.



£1,175,000

GREAT DUNMOW (Ongar Road)
Beautiful barn conversion in excess of 4,000 sq ft. Spacious accommodation. Luxuriously appointed. Independent 1 bedroom cottage. Excellent parking and beautiful views. 5 mins to A120 and 10 mins to Felsted. Vacant possession. Joint sole agents.



£1,650,000

WOODSIDE GREEN
Substantial 7,000 sq ft country house with a detached annexe, indoor swimming pool complex, kennel block, 1/2 acre plot, magnificent kitchen/family room, sitting room, games room, study, 5 bedrooms, 4 bath/shower rooms, cinema room. National Trust position. Sole agents.



£625pcm

SAWBRIDGEWORTH (Ladywell Prospect)
Fully furnished ground floor studio apartment situated within walking distance of station and amenities. Refitted kitchen and bathroom and a good size living area, UPVC double glazed windows, allocated parking. Available Now



£675pcm

SAWBRIDGEWORTH (Station Road)
One bedroom first floor apartment situated in a central location in the heart of Sawbridgeworth, just a short walk from all local amenities including mainline station. Bright living room, fitted kitchen with appliances, bathroom and bedroom with built in wardrobes. Available April.



£775pcm

SAWBRIDGEWORTH (Lawrence Moorings)
Well presented, unfurnished one bedroom apartment located on the top floor of a sought after development just a short walk from station. Views over communal gardens and river Stort, fitted kitchen with appliances, luxury bathroom and double bedroom. Allocated parking. Available early May.



£825pcm

ELESHAM (The Croft)
One bedroom 'upside down' house, immaculately presented throughout and close to station. Entrance hall, double bedroom with fitted wardrobes, conservatory and bathroom. To the first floor is a bright open plan living room and kitchen. Good size rear garden and parking.



£995pcm

SAWBRIDGEWORTH (Church Street)
2 bedroom unfurnished period cottage in a central location close to town centre, short walk to station, comprises recently refitted kitchen with small breakfast area, good size living room, two bedrooms to the first floor plus recently refitted family bathroom, courtyard rear garden.



£1025pcm

BISHOPS STORTFORD (Ellenborough Close)
A mid-terraced home situated in a quiet tucked away close within walking distance of local amenities. Comprising living room, kitchen/dining area, two double bedrooms, bathroom, enclosed rear garden and allocated covered carport. Available now.



£1050pcm

HATFIELD BROAD OAK (Cage End)
Larger than average two double bedroom, terraced cottage in the heart of this lovely village. Lounge, fitted kitchen with upstair bathroom and two bedrooms, and a rear garden. Parking available. Viewing highly recommended. Available May.



£1150pcm

NORTHPORT (Station Road)
2 bedroom character cottage just meters from station. 2 reception rooms and galley kitchen, bathroom and double bedroom to the first floor and a further double bedroom to the second floor. South facing rear garden. Available late April.



£1495pcm

SAWBRIDGEWORTH (Bickerton Court)
1200sqft duplex apartment in a newly constructed development only a short walk to the station. Comprising huge lounge/dining room with balcony, fitted kitchen, 2 bedrooms and 2 bathrooms. Parking, gas fired central heating.



£1695pcm

HATFIELD BROAD OAK (Cage End)
Renovated and updated 3 bedroom mid-terrace unfurnished barn conversion, comprising open plan contemporary kitchen, exposed timbers, downstairs reception room and utility. 2 bedrooms and 2 bathrooms to the first floor and further bedroom to top floor. Available Mid May

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01279 600400



LETTINGS
01279 600901

Website: www.wright-co.co.uk



NEWHALL,
EPC BAND C, GUIDE PRICE £290,000



HODDESDON
EPC BAND D, £675 PCM*



HARLOW,
AWAITING EPC RATING, £264,995



OLD HARLOW,
EPC BAND C, £950 PCM*



LITTLE HALLINGBURY
EPC BAND D, £1850 PCM*



GILSTON,
AWAITING EPC BAND, £325,000



HARLOW
EPC BAND E, £825 PCM*



SAWBRIDGEWORTH,
AWAITING EPC BAND, £395,000

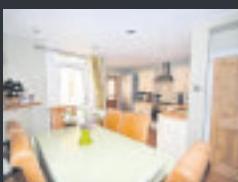
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* IMPORTANT NOTE: When you apply for a tenancy there will be an administration fee to pay - ask our branch staff or visit our website <http://www.intercounty.co.uk/tenant fees> for further details of this fee and other fees which may become payable during the lifetime of your tenancy.



OLD HARLOW EPC BAND E, £650,000

NEWHALL EPC BAND D, £875 PCM*



HIGH WYCH, EPC BAND C, £850,000

SAWBRIDGEWORTH EPC BAND D, £1350 PCM*

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SAWBRIDGEWORTH
01279 600333



New Instruction

MARKWELL WOOD

£169,995

- One Bedroom First Floor Flat
- Extended Lease
- Electric Heating
- Open Plan Kitchen with Breakfast Bar
- Good Size Bedroom
- Modern Bathroom Suite
- No Onward Chain
- Outskirts of Harlow



BERECROFT POA

- Rarely Available
- One Bedroom Detached Bungalow
- In Need of Full Refurbishment
- Lounge 16'0 x 12'
- No CHAIN



THE HIDES OIEO £250,000

- Two Bedroom Home Centre
- Chain Free
- Lounge
- Kitchen & Utility
- Good Size Rear Garden
- Close to Town
- Viewings Recommended



New Instruction

SPINNING WHEEL MEAD

£280,000

- Three Bedroom Family Home
- Kitchen Diner
- Utility Room
- Gas Central Heating
- Double Glazing
- Lounge
- Bathroom & Separate WC
- Close to Local Amenities



FENNELS £275,000

- Three Bedroom Mid Terrace
- Lounge 12'2 x 12'8
- Fitted Kitchen
- Conservatory
- Downstairs Cloakroom
- Close to Shops & Schools
- Popular Location



BARN MEAD OIEO £280,000

- Three Bedroom Home
- Mid Terrace
- Large Lounge Diner
- Fitted Kitchen & Bathroom
- Good Sized
- Close to Local Amenities & Schools
- Double Glazing



PRIORY COURT £280,000

- Three Bedroom Town House
- Own Drive
- Close to Schools & Amenities
- Good Size Garden
- Downstairs
- Fitted Kitchen
- Lounge & Dining Area



WESTFIELD OIEO £280,000

- Two Bedroom Detached Home
- Popular Location
- Modern Fitted Kitchen
- Double Bedrooms
- Off Street Parking for One Car
- Fitted Bathroom
- Lounge 15'5 x 11'2



SOPER SQUARE £285,000

- Two Bedrooms
- First Floor Apartment
- Two Bathrooms
- Balcony
- Large Lounge/Diner
- Popular New Hall Development
- Allocated parking Space
- Viewing Recommended



CHERRY BLOSSOM CLOSE

Guide price £300,000

- Two Bedroom Chalet Bungalow
- Semi-Detached
- Chain Free

- An OPEN DAY has been arranged for SATURDAY 21st APRIL 2018 between 1.00 - 1.45 pm. Please call to book a viewing. STRICTLY BY APPOINTMENT ONLY.



QUARRY SPRING £290,000

- Three Bedroom Home
- Mid Terrace
- Off Street Parking
- Kitchen Diner
- Lounge
- Downstairs
- Cloakroom & Study Area
- Close to All Amenities



MALKIN DRIVE £295,000

- Two Bedroom Home
- Ensuite to Bedroom One
- Kitchen Diner
- Lounge
- Downstairs Cloakroom
- Garage
- Viewings Recommended

AYNSLEY GARDENS £304,995

- Two Bedroom End of Terrace
- Downstairs Cloakroom
- Modern Fitted Kitchen
- Lounge
- Conservatory
- Bar/Snug
- Double Glazing
- Allocated Parking for Two cars



New Instruction

TORKILSDEN WAY

£379,995

- Three Bedroom Home
- Semi-Detached
- Downstairs Cloakroom
- En-Suite to Master Bedroom

- Kitchen Diner
- Lounge
- Converted Garage
- Allocated Parking



WOODWARDS £299,995

- Three Bedroom Family Home
- Well Presented Throughout
- Fitted Kitchen
- Lounge Diner
- Bathroom & Separate WC
- Close to Town Centre
- Close to Schools & Amenities



GUILFORDS £300,000

- Three Bedroom Mid Terrace
- Kitchen/Breakfast Room
- Lounge
- Double Bedrooms
- Family Bathroom
- Downstairs WC
- Close to Train Station



New Instruction

FYFIELD, ONGAR

£400,000

- Two Bedroom Split Level Apartment
- Superb Location
- Contemporary Style Kitchen
- En-Suite to Bedroom One

- Courtyard Garden
- Grade II Listed
- Set on Beautiful Grounds



NAZEING OIEO £450,000

Sawbridgeworth OIEO £459,950

- Three/Four bedroom Property
- Potential for loft conversion (subject to planning)
- Parking for five vehicles
- Double Glazing & GCH
- Spacious Lounge/dining area
- Family friendly rear garden
- Two annexes in garden area offering both living ac



OAKLANDS DRIVE

£625,000

- Detached Family Home
- Five Bedrooms
- En-Suite to Master Bedroom
- Conservatory

- Separate Dining & Large Lounge
- Large Garden
- Garage & Drive
- Kitchen & Utility area



CHALLINOR £349,995



MORNINGS £365,000



THE HILL, OLD HARLOW

£399,995

- Three Bedroom Detached Home
- Heart of Old Harlow
- No Onward Chain
- Easy Access to all Amenities

- Good Size Lounge
- En-Suite Shower Room to Master Bedroom
- Neatly Enclosed Courtyard Style Rear Garden



TYE GREEN £499,995

- High Specification New Build
- Detached Four Bedroom House
- Facing Onto Private Driveway
- Luxury Kitchen Diner
- Large Bright & Spacious Lounge
- Driveway with Parking for Four Cars
- Fitted Carpets & Oak Flooring



CHURCH LANGLEY OIRO £499,995

- Four/Five Bedroom Detached Home
- Garage Conversion
- Conservatory
- Downstairs Cloakroom
- Driveway for Multiple Vehicles
- Modern Fitted Kitchen
- Close to all Local Amenities

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HARLOW, CHURCH LANGLEY & NEW HALL | 01279 444988



NEWMANS END £2,500 PCM

- Four Bedrooms
- Modern Property
- En-Suite To Master
- EPC Rating To Follow
- Must Be Viewed
- * Admin Fees Apply
- Stunning Property
- Available Now.



MARKET HOUSE £1,350 PCM

- Sawbridgeworth
- Two Bedrooms
- Two Bathrooms
- Gated Parking
- One Allocated Parking Space
- Close To All Amenities
- Ground Floor
- Stunning Property
- Must Be Viewed
- Available Mid May 2018



SIDNEY TERRACE £1,000

- Bishops Stortford
- Gas Central Heating
- Two Bedrooms
- Available Early May.
- EPC Rating D
- Unfurnished
- Close To Town Centre & Train Station
- * Admin Fees Apply



GARDINERS £1000 PCM

- Church Langley
- Two Bedrooms
- Kitchen Appliances Only
- One Double One Single
- Close To School/Shops
- EPC Rating C
- Allocated Parking For Two Cars
- * Admin Fees Apply
- Available Early May



WAGON MEAD £925 PCM

- Hatfield Heath
- Village Location
- Three Bedrooms
- Large Property
- Unfurnished
- EPC Rating C
- * Admin Fees Apply
- Available May



BROMLEY CLOSE £925 PCM

- Two Bed Apartment
- En-Suite To Master
- Double Bedrooms
- Kitchen Appliances
- * Admin Fees Apply
- EPC Rating E
- Available Early May



HIGH STREET £850 PCM

- Two Bedrooms
- Fitted Kitchen
- Gas Central Heating
- Old Harlow Location
- EPC Rating D
- * Admin Fees Apply
- Available Early May



MOORFIELD £800 PCM

- Two Bedrooms
- First Floor Flat
- Close To Shops
- White Goods Only
- EPC Rating C
- Available Now
- * Admin Fees Apply



IMPORTANT INFORMATION:

When you apply for a tenancy, there will be an administration fee to pay, contact our rentals team or visit our website www.geoffreymatthews.co.uk for all fees which will become payable during the length of your tenancy.



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**MALKIN DRIVE, CHURCH LANGLEY £563,500**

- FIVE BED DETACHED
- SOUTH FACING GARDEN
- TWO RECEPTION ROOMS
- TWO EN-SUITES
- GAS HEATING
- UPVC D/GLAZED WINDOW
- PARKING FOR 4 CARS
- INTERNAL PHOTOS ONLINE

NEW ON

**PARSONAGE LEYS, HARLOW £330,000**

- THREE BED END TERRACE
- DOUBLE ROOMS
- UTILITY ROOM
- CLOSE TO AMENITIES
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- BLOCK PAVED FRONT
- INTERNAL PHOTOS ONLINE

**COALPORT CLOSE, CHURCH LANGLEY £411,500**

- THREE BED DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE
- TWO RECEPTION ROOMS
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE

**GREEN HILLS, HARLOW £285,000**

- THREE BED END TERRACE
- SOUTH FACING GARDEN
- CLOSE TO TOWN CENTRE
- CLOAKROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE

**ALEXANDER MEWS, HARLOW £338,000**

- TWO BED TERRACE HOUSE
- SOUGHT AFTER LOCATION
- GATED ENTRANCE
- LUXURY FITTED KITCHEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE

**BENTLEY DRIVE, CHURCH LANGLEY £260,000**

- TWO BEDROOM MID TERRACE
- DOUBLE BEDROOMS
- CONSERVATORY
- ALLOCATED PARKING SPACE
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE



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GUARDIAN residential lettings



Guardian are delighted to offer this one bedroom top floor (2nd Floor) flat that has been recently refurbished. This property benefits from gas heating and is close to local shops and amenities. Would be ideal for a single occupant. EPC - D. Available NOW.

£650 PCM

The Readings



Guardian are delighted to offer this one bedroom top floor flat in The Hides. This property benefits from gas heating as well as being a short walk from the town center and other local amenities. EPC - E. Available early June.

£700 PCM

The Hides



Guardian are pleased to offer this one bedroom flat in Netteswell Tower within close walking distance to Harlow town, Station and PAH hospital. Early viewing is advised. EPC - D. Available mid May

£710 pcm

Netteswell Tower



Guardian are delighted to offer this one bedroom first floor flat in the private, conservation area of Markwell Wood. This property benefits from allocated parking and secure telephone entry system. EPC - D. Available late May.

£725 PCM

Markwell Wood



Guardian are pleased to offer this one bedroom flat in the popular area of Sawbridgeworth. Walking distance to the high street and local shops. An early viewing is advised. EPC - E. Available Now.

£725 PCM

Copper Court



Guardian are delighted to offer this lovely one bedroom ground floor flat in Dads Wood, just a short walk from town center and other amenities. EPC - C. Available early April.

£730 PCM

Dads Wood



Guardian are delighted to offer this one bedroom ground floor flat in the popular area of Bromley Close. This property benefits from allocated parking, good internal condition and is close to local shops and amenities. EPC - C. Available early June.

£750 PCM

Bromley Close



Guardian are delighted to offer this two bedroom second floor apartment in Tany's Dell, a popular area near to the Stow. The property benefits from central heating via radiators and a balcony. EPC - D. Available early June.

£840 PCM

Tany's Dell



Guardian Residential Lettings are delighted to present this two bedroom top floor flat with communal garden area in Hare Street Springs. The property comes unfurnished with just an oven and is heated via electric storage heaters. Central Town Location. EPC - D. Available early June.

£850 PCM

Hare Street Springs



Guardian are pleased to offer this great two bedroom ground floor flat in the Latton Bush area of Harlow. Comprising entrance hallway, good sized lounge through to fitted kitchen, master bedroom with dressing area and shower, second bedroom and bathroom. Benefiting from parking and secure entry system. EPC - E. Available NOW.

£875 PCM

Ayleys Field



Guardian are delighted to offer this two bedroom, first floor flat overlooking the River Stort. This property benefits from a balcony and allocated parking. Unfurnished with kitchen appliances. EPC - C. Available early June.

£900 PCM

Riverside Court



Guardian are delighted to offer this two bedroom top floor flat in the private area, Bromley Close. This property benefits from allocated parking and is close to local shops and amenities. EPC - C. Available mid May.

£900 PCM

Bromley Close



Guardian are delighted to offer this well presented, end of terrace two bedroom home with a garage in the private area of Standingfords. This property benefits from a garden, gas heating a garage and is situated in a peaceful location. EPC - D. Available early May.

£975 PCM

Standingfords



Guardian are pleased to offer this three bedroom family home on the outskirts of Harlow. With modern fitted kitchen, neutral decor and large sized rooms an early viewing is a must. EPC - C. Available late April

£1150 PCM

Tithelands



Guardian are delighted to offer this three bedroom terraced home in the sought after area of Old Harlow. This property benefits from gas heating, modern decor, a rear garden and is close to local shops and amenities. EPC - E. Available NOW.

£1200 PCM

East Park



Guardian are delighted to offer this beautifully presented three bedroom end of terrace home in Chapel Fields. This property benefits from gas heating, a garage, off street parking, large rear garden and large living space through out. Modern interior throughout. EPC - E. Available Now.

£1350 PCM

Chapel Fields

your property...our passion

GUARDIAN

residential sales



Guardian are delighted to offer a one bedroom flat in Willowfield Tower. Ample storage, key fob entrance, good sized lounge and bathroom. Great first buy or investment! Great current tenants of two years paying £660.00, rental yield 6.74%. EPC: C

£117,500

Willowfield, Harlow



Guardian are delighted to present a well presented studio flat in the heart of Town Centre, close to transport links (bus and train station) local amenities. SOUGHT-AFTER private area, perfect for investors! Current tenant in situ since 2013.

£132,500

Amberry Court, Harlow



A LOW service and maintenance charge with a POTENTIAL yield of 5.80%!! This one bedroom flat with a 95 year lease is a great project for a first time buyer looking to get on the property ladder, or for an investor looking for a great project. EPC: E

£145,000

Barn Mead, Harlow



Guardian are delighted to offer for sale this immaculate two bedroom first floor maisonette with a large private garden. Boasting two double bedrooms, modern fitted kitchen, modern bathroom and large rear garden with patio and decking area. EPC: D

£180,000

Cloverfield, Harlow



Guardian are delighted to offer this Ground floor One bedroom flat in Sawbridgeworth. In a Private area with allocated parking. In Good condition Freshly decorated and appealing this would be ideal for first time buyers, investors or elderly person looking for a quiet life. EPC: D

£185,000

Hazel Gardens, Sawbridgeworth



Guardian are delighted to offer a well presented three bedroom split level maisonette in the town centre. Close to local schools and amenities, walking distance to the station and bus stops. Immaculate bathroom with both bath and separate shower. EPC: D

£239,995

The Hides, Harlow



Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms. EPC: C

£244,995

Berecroft, Harlow



Guardian are delighted to offer this great two bedroom property. A large corner garden which would be great for the kids or to extend the property. The current owner has had plans drawn up to extend to a 4/5 bedroom property subject to planning permission. EPC: D

£265,000

Westfield, Harlow



Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

£269,495

Taylifers, Harlow



O.I.R.O - Guardian are delighted to offer a rarely available two bedroom mid terrace house in a quiet, cul-de-sac location in sought-after Archers. EPC: C

£270,000

Archers, Harlow



Looking for your next step on the property ladder? A very well presented FAMILY HOME in one of the quieter turnings in Harlow. Offering ample storage and a brilliant layout, the property really does boast a great home for you and your family. EPC: D

£279,999

Jerounds, Harlow



Located in the award winning development of New Hall, Harlow. Guardian have the privilege to present a rare opportunity to acquire a mid terrace two bedroom property. Allocated parking, two large double's and perfect for a family. EPC: C

£309,995

Alba Road, New Hall



Guardian are delighted to offer this rare opportunity to acquire this three bedroom detached family oriented property in the sought after, private area, of Albert Gardens, Church Langley.

£329,950

Albert Gardens, Church Langley



SOLD - SIMILAR REQUIRED - WE HAVE A BIG DEMAND

£179,999

Northbrooks, Harlow



SOLD - MORE REQUIRED -

£199,999

Morley Grove, Harlow



SOLD - TWO BUYERS NARROWLY MISSED OUT ON THIS GREAT PROPERTY

£219,999

Bromley Close, Harlow

From start to finish exceeding your expectations

REYLAND JOHNSON

ESTATE AGENTS - SALES & LETTINGS



NEW

**TICKENHALL DRIVE, CHURCH LANGLEY £450,000**

- Four Bedrooms
- Kitchen/Diner
- Popular Location
- Garage & Driveway
- Detached Home
- En-Suite Shower
- Westerly Garden
- EPC Rating: D

NEW

**DENBY GRANGE, CHURCH LANGLEY £374,995**

- Three Bedrooms
- Two Receptions
- En-Suite Shower Room
- Chain Free
- Detached House
- Garage & Driveway
- Popular Location
- EPC Rating: D

**CHELSEA GARDENS,
CHURCH LANGLEY****£549,995****PRIORY COURT, HARLOW****£330,000****DOULTON CLOSE, CHURCH
LANGLEY****£284,995****PARK AVENUE, HARLOW****£489,995****PURFORD GREEN, HARLOW****£315,000****ABBEYDALE CLOSE,
CHURCH LANGLEY****£284,995****UPPER PARK, HARLOW****£484,995****CLIFTON HATCH, HARLOW****£300,000****RADBURN CLOSE, HARLOW****£275,000****CLIFTON HATCH, HARLOW****£245,000****CHELSEA GARDENS,
CHURCH LANGLEY****£225,000****COALPORT CLOSE, CHURCH
LANGLEY****£225,000**

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ESTATE AGENTS - SALES & LETTINGS



NEW


PRIMROSE FIELD, HARLOW £259,995

- Two Bedrooms
- Loft Room
- Kitchen/Diner
- Popular Location

NEW


ALEXANDRA ROAD, HARLOW £219,995

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: TBC


THE DRIVE, HARLOW

- Four Bedrooms
- Garage & Driveway
- Two Receptions
- 10 Year New Build Warranty
- Semi Detached Family Home
- Underfloor Heating Throughout
- South Facing Garden
- EPC Rating: TBC

£450,000


DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Immaculate Home
- Garage & Drive
- Detached Home
- En-Suite Shower
- Cul-De-Sac Location
- EPC Rating: TBC

£415,000


LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£339,995


MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Kitchen/Diner
- Cloakroom/W.C
- Garage & Parking
- Terraced House
- En-Suite Shower
- Popular Location
- EPC Rating: TBC

£295,000


QUARRY SPRING, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Popular Location
- Double Driveway
- Terraced Home
- Ground Floor W.C
- Southerly Garden
- EPC Rating: B

£290,000


MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/W.C
- Garage To Rear
- Terraced Home
- Croudace Build
- Southerly Gardens
- EPC Rating: C

£289,995


SPRUCE HILL, HARLOW

- Three Bedrooms
- Well Presented
- Lounge/Diner
- Ground Floor WC
- Middle Terrace
- Popular Location
- Fitted Wardrobes
- EPC Rating: TBC

£274,995


ABBOTSWELD, HARLOW

- Three Bedrooms
- Open Plan Living
- Cul-De-Sac Location
- 40ft Garden
- Terraced Home
- Close To Schools
- CHAIN FREE
- EPC Rating: TBC

£270,000


SILVESTERS, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Backs Onto Allotments
- Garage En Bloc
- Terraced House
- Low Maintenance Garden
- Outskirts Of Town
- EPC Rating: C

£270,000


MILESTONE ROAD, NEWHALL

- Two Bedrooms
- Allocated Parking
- Open Plan Living
- Chain Free
- Ground Floor Apartment
- Popular Location
- Intercom Entry System
- EPC Rating: C

£219,995


HIGH ELMS, HARLOW

- One Bedroom
- Allocated Parking
- Open Plan
- Chain Free
- First Floor Apartment
- Well Presented
- Popular Location
- EPC Rating: TBC

£164,995


LADYSHOT, HARLOW

- One Bedroom
- Lounge/Diner
- Own Balcony
- Chain Free
- Apartment
- Second Floor
- Outside Storage
- EPC Rating: D

£159,995

t: 01279 216216

e: info@rjestateagents.co.uk



SOLD STC

MORE NEEDED

**WESTBURY RISE, CHURCH LANGLEY £585,000**

- Four Bedrooms
- Two Receptions
- Kitchen/Family Room
- Conservatory
- Detached House
- Double Detached Garage
- Immaculate Home
- EPC Rating: D

SOLD STC

MORE NEEDED

**PADDOCK MEAD, HARLOW £419,995**

- Four Bedrooms
- Immaculate Throughout
- Large Driveway
- Open Plan Kitchen
- End Terrace House
- Utility Room
- Ground Floor Shower Room
- EPC Rating: TBC

SOLD STC

MORE NEEDED

**Chelsea Gardens, Church Langley £385,000**

- Three Bedrooms
- Garage & Driveway
- Two Receptions
- Chain Free
- Detached Home
- Popular Location
- Southerly Garden
- EPC Rating: TBC

SOLD STC

MORE NEEDED

**Albert Gardens, Church Langley £332,500**

- Three Bedrooms
- Kitchen/Diner
- Cloakroom W.C
- Double Driveway
- Semi Detached
- Conservatory
- Popular Location
- EPC Rating: D

SOLD STC

MORE NEEDED

**Church Leys, Harlow £269,995**

- Three Bedrooms
- Lounge/Diner
- Garden Room
- Chain Free
- End Of Terrace
- Close To Amenities
- Popular Location
- EPC Rating: TBC

SOLD STC

MORE NEEDED

PETERSWOOD, HARLOW

- Three Bedrooms
- Originally A Two Bed
- Kitchen/Diner
- Chain Free
- End Of Terrace
- Immaculate Home
- Double Driveway
- EPC Rating: D

£264,995

SOLD STC

MORE NEEDED

HALLING HILL, HARLOW

- Two Bedrooms
- Fitted Kitchen
- Dining Room
- Chain Free
- Terraced House
- Westerly Garden
- Own Driveway
- EPC Rating: TBC

£254,995

SOLD STC

MORE NEEDED

VICTORIA GATE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Modern Kitchen
- Parking
- Apartment
- Ground Floor
- Popular Location
- EPC Rating: C

£219,995

SOLD STC

MORE NEEDED

MORLEY GROVE, HARLOW

- Two Bedrooms
- Kitchen/Diner
- Well Presented
- Central Location
- Apartment
- Ground Floor
- Residents Parking
- EPC Rating: TBC

£199,995

SOLD STC

MORE NEEDED

MOORFIELD, HARLOW

- Two Bedrooms
- First Floor
- Balcony
- CHAIN FREE
- Apartment
- Lounge/Diner
- Fitted Kitchen
- EPC Rating: C

£174,995

SOLD STC

MORE NEEDED

UPPER MEALINES, HARLOW

- One Bedroom
- Lounge/Diner
- Popular Area
- Chain Free
- First Floor
- Apartment
- Ideal Investment
- EPC Rating: TBC

£140,000

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e: info@rjestateagents.co.uk

REYLAND JOHNSON

ESTATE AGENTS - SALES & LETTINGS



TO LET

**EAST PARK, OLD HARLOW £1,200 P.C.M**

- Three Bedrooms
- Lounge/Diner
- Available Now
- Pretty Gardens
- Terraced Home
- Popular Location
- Unfurnished
- EPC Rating: E

TO LET

**CHAMBERLAIN CLOSE, CHURCH LANGLEY £950 P.C.M**

- Two Bedrooms
- Lounge/Diner
- Available May 2018
- Allocated Parking
- First Floor Maisonette
- Popular Location
- Unfurnished
- EPC Rating: TBC

TO LET

**Bentley Drive, Church Langley £925 P.C.M**

- Two Bedrooms
- Lounge/Diner
- Unfurnished
- Recently Re-Decorated
- Ground Floor Flat
- Available NOW
- Allocated Parking
- EPC Rating: C

TO LET

**Church End, Harlow £775 P.C.M**

- One Bedroom
- Lounge/Diner
- Ground Floor
- Unfurnished
- Apartment
- Available in February
- Own Garden
- EPC Rating: D

TO LET

**Rivermill, Harlow £725 P.C.M**

- One Bedroom
- Unfurnished
- Lounge/Diner
- Apartment
- First Floor
- Close To Amenities
- Available Mid April 18
- EPC Rating: C

LET AGREED

MORE NEEDED

**RAM GORSE, HARLOW**

- Three Bedrooms
- Lounge/Diner
- Close To Town
- Unfurnished
- Middle Terrace
- Sorry No DSS
- Available Early May
- EPC Rating: D

£1,200 P.C.M

LET AGREED

MORE NEEDED

**TITHELANDS, HARLOW**

- Three Bedrooms
- Large Lounge
- Dining Room
- Garage To Front
- Off Road Parking
- Available End April
- Unfurnished
- EPC Rating: C

£1,150 P.C.M

LET AGREED

MORE NEEDED

**BLACKSMITH WAY, HIGH WYCH**

- Two Bedroom
- Lounge/Diner
- Part Or Unfurnished
- Own Parking
- End Of Terrace
- No Pets, No DSS
- Available Mid March
- EPC Rating: C

£1,000 P.C.M

LET AGREED

MORE NEEDED

**WOODCROFT, HARLOW**

- Two Bedrooms
- Lounge/Diner
- Westerly Garden
- Available Now
- Middle Terrace
- Unfurnished
- Close To Amenities
- EPC Rating: D

£950 P.C.M

LET AGREED

MORE NEEDED

**THE HAND & CROWN, HIGH WYCH**

- One Bedroom
- Available Now
- Allocated Parking
- Period Features
- First Floor Apartment
- Part Or Unfurnished
- Popular Location
- EPC Rating: TBC

£800 P.C.M

LET AGREED

MORE NEEDED

**MALLOWS GREEN, HARLOW**

- One Bedroom
- Modern Kitchen
- Unfurnished
- White Goods Available
- Ground Floor Flat
- Available End March 2018
- Popular Location
- EPC Rating: D

£750 P.C.M

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MORE PLEASE

**Our ongoing success
means we urgently
require more
properties to sell**



UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084



Coalport Close

£315,000

- A Two Bedroom End Of Terrace House
- Parking For Two Vehicles
- Potential To Extend (STPP)
- First Floor Family Bathroom
- Secluded Garden With Side Access
- E.P.C. Rating: C



Chamberlain Close

O.I.E.O
£320,000

- Three Bedroom House
- CHAIN FREE
- Modern Fitted Kitchen & Bathroom
- Loft Conversion
- Conservatory to Rear
- EPC Rating: C



Bentley Drive

£365,000

- Three Bedroom House
- CHAIN FREE
- Parking For One Vehicle
- Two Reception Rooms
- Garage
- EPC Rating: C



Manor Road

O.I.R.O
£370,000

- A Three Bedroom Semi-Detached House
- En-Suite To The Master Bedroom
- Approx. 0.6 Miles From Harlow Mill Train Station
- Extended Rear Creating A Large Kitchen
- Potential To Create A Private Driveway (STPP)
- EPC Rating: D



Coalport Close

£379,995

- Three Bedroom End Of Terrace House
- CHAIN FREE
- En-suite to Master
- Driveway For Two Vehicles
- Garage
- EPC Rating: D



Elmbridge Hall

£400,000

- Two Bedroom Apartment
- CHAIN FREE
- Split Level
- Grade II Listed Building
- Private Garden
- EPC Rating: C



Malkin Drive

O.I.R.O
£459,995

- A Five Bedroom Townhouse
- TV Room With Projector Screen
- Downstairs W/C & Second Floor Family Bathroom
- Rear Garden with Jacuzzi
- Overlooking Forest Scenery
- Gas Central Heating Throughout



Parkside

£614,950

- Three Bedroom Semi - Detached House
- En-Suite To Master Bedroom
- Extended To Rear
- Gated Entrance
- 1 Mile To Epping Train Station
- EPC Rating: Awaiting



Rushton Grove

£299,995

- Two Bedroom End Of Terrace House
- Conservatory To Rear
- Downstairs WC
- Garage
- Secluded Rear Garden
- E.P.C. Rating: Awaiting



Ashworth Place

O.I.E.O
£375,000

- Three Bedroom Link Detached House
- CHAIN FREE
- Garage & Driveway For One Vehicle
- Ground Floor W/C
- Conservatory
- E.P.C. Rating: D

MORE PLEASE

**Our ongoing success
means we urgently
require more
properties to sell**



19 EASTGATE, HARLOW
01279-433033



Pegrams Court
• A Three Bedroom Mid - Terrace House
• A Garage En - Bloc
• Approx. 25ft Secluded Rear Garden
• CHAIN FREE
• Downstairs WC
• EPC Rating: C



The Fortunes
• A Three Bedroom End Of Terrace House
• Three DOUBLE Bedrooms
• Utility Room
• Approx. 50ft Rear Garden
• Fitted Kitchen
• EPC Rating: D



Brockles Mead
• A Three Bedroom Terrace Family Home
• Downstairs WC
• Private Driveway
• Newly Fitted Kitchen
• Garage
• EPC Rating: C



Barn Mead
• A Three Bedroom Mid-Terrace Family Home
• Utility Room
• Larger Than Average Lounge/ Diner
• Approx. 50ft Rear Garden With Rear Access
• CHAIN FREE
• EPC Rating: Awaiting



Sycamore Field
• A Three Bedroom Mid-Terrace Family Home
• South Facing Rear Garden With Rear Access
• CHAIN FREE
• Separate Living & Dining Rooms
• Situated In A Residential Cul - De - Sac
• EPC Rating: C



Long Banks
• A Three Bedroom Detached House
• Situated In A Quite Residential Cul - De - Sac
• First Floor Family Bathroom
• Landscaped Rear Garden
• uPVC Double Glazed & Gas Central Heating Throughout
• EPC Rating: Awaiting



Dunstalls
• A Three Bedroom Mid - Terrace House
• Lounge Through Diner
• Fitted Kitchen
• Secluded Rear Garden With Rear Access
• Allocated Parking To Rear
• EPC Rating: D



Clifton Hatch
• A Three Bedroom Detached Family Home
• Private Allocated Parking
• Ground Floor WC
• Still Under The NHBC New Homes Certificate
• South Facing Rear Garden
• EPC Rating: B



Spencers Croft
• A Three Bedroom Terraced Family Home.
• A Private Driveway For Two Vehicles.
• Recently Fitted Combi Boiler (Vaillant)
• South - Facing Rear Garden
• Conservatory
• EPC Rating: D

£299,995



**Harlow Road,
Roydon**
• A Two Bedroom DETACHED Chalet
Bungalow.
• Situated In A Quite Village Of Roydon.
• En-suite To The Ground Floor Master
Bedroom
• Private Off - Street Parking For Two Cars
• CHAIN FREE
• EPC Rating: E

£385,000

Howick & Brooker

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HSH-E01-S2



£225,000
SOUTHERN LODGE, HARLOW

- Two Bedrooms
- First Floor
- Warden Assisted
- Lounge/Diner
- Chain Free
- EPC Rating: D



£259,995
VINCE DUNN MEWS, OLD HARLOW

- Two Bedrooms
- Second Floor
- Balcony
- Modern Interior
- Allocated Parking
- EPC Rating: B



£265,000
COWLINS, OLD HARLOW

- Two Bedrooms
- Cart Lodge Parking
- Private Cul-De-Sac
- Ground Floor Maisonette
- Chain Free
- EPC Rating: C



£279,995
GREAT AUGER STREET, NEWHALL

- Top Floor Flat
- Prime Location
- Allocated Parking
- Two Bedrooms
- Chain Free
- EPC Rating: D



£284,995
QUARRY SPRING, HARLOW

- Three Bedrooms
- End Terrace
- Large Kitchen
- Popular Location
- Chain Free
- EPC Rating: TBC



£295,000
MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Garage & Parking
- Downstairs Wc
- Mid Terrace
- Ensuite Shower
- EPC Rating: TBC



OIEO £295,000
JOCELYNS, OLD HARLOW

- Three Bedrooms
- Mid Terrace
- Detached Garage
- Close To High Street
- Chain Free
- EPC Rating: F



£310,000
HULL GROVE, HARLOW

- Three Bedroom
- Ground Floor Wc
- Backing On To Fields
- Kitchen/Diner
- End Of Terrace
- EPC Rating: TBC



£310,000
RUSHTON GROVE, CHURCH LANGLEY

- Two Bedrooms
- Semi detached
- Garage & Driveway
- Downstairs W/C
- Chain Free
- EPC Rating: D



£349,995
CHALLINOR, CHURCH LANGLEY

- Three Bedrooms
- Downstairs Cloakroom
- Garage & Driveway
- New Kitchen & Bathroom
- Recently Updated Boiler
- EPC Rating: TBC



£355,000
MALKIN DRIVE, CHURCH LANGLEY

- Three Bedrooms
- Terraced Home
- Fully Refurbished
- High Specification
- Driveway Parking
- EPC Rating: TBC



£364,995
MALKIN DRIVE, CHURCH LANGLEY

- Three Bedrooms
- Bathroom & En Suite
- Garage & Driveway
- Semi Detached
- Walk In Wardrobe
- EPC Rating: C



£380,000
HEATHCOTE GARDENS, CHURCH LANGLEY

- Three/Four Bedroom
- Detached
- Garage Conversion
- Three Bathrooms
- South Facing Garden
- EPC Rating: C



£420,000
WHIELDON GRANGE, CHURCH LANGLEY

- Linked Detached
- Three Bedrooms
- Two Receptions
- Garage & Parking
- En-Suite
- EPC Rating: TBC



£420,000
ALBERT GARDENS, CHURCH LANGLEY

- Four Bedrooms
- Detached
- Garage
- Driveway
- Ensuite
- EPC Rating: C



£429,995
TANYARD PLACE, HARLOW

- Three Bedrooms
- Terraced Property
- Three Bedrooms
- Two Allocated Parking
- Chain Free
- EPC Rating: B



£430,000
BRAGGOWENS LEY, NEWHALL

- Four Bedrooms
- Demi Detached
- Off Street Parking
- Two Bathrooms
- Immaculately Presented
- EPC Rating: C



£510,000
HAKENBURY, HARLOW

- Four Bedrooms
- Semi Detached
- Two Receptions
- Heavily Extended
- Garage & Driveway
- EPC Rating: C



£650,000
THE BARNs, OLD HARLOW

- Three Bedrooms
- Gardens & Parking
- Two Bathrooms
- Semi Detached
- Courtyard Setting
- EPC Rating: E



£895,000
LATTON COMMON, HARLOW

- Five Bedrooms
- Three Receptions
- Private Location
- Detached House
- Gated Entrance
- EPC Rating: C



£75 PCM
GUILFORDS, OLD HARLOW

- One Bedroom
- Top Floor
- Allocated Parking
- Available Late May
- Other Fees Apply
- EPC Rating : D



£850 PCM
CHURCHGATE STREET, HARLOW

- Large Double Bedroom
- Part Furnished
- Road Parking
- Available Now
- Other Fees Apply
- EPC Rating : E



£875 PCM
SYCAMORE FIELD, HARLOW

- Two Bedrooms
- Maisonette
- Private Garden
- Available Now
- Other Fees Apply
- EPC Rating : D



£1,000 PCM
TORKILDSSEN WAY, HARLOW

- Two Bedrooms
- Top Floor
- Walking To Station
- Available Beginning April
- Other Fees Apply
- EPC Rating : B



£1,100 PCM
ST NICHOLAS GREEN, NEWHALL

- Two Bedrooms
- Open Plan Living
- Luxury Specification
- Available Mid April
- Other Fees Apply
- EPC Rating : C

WHEELS

NEW MODEL: Ford Focus by David Ward



NEW FOCUS REVEALED

Ford's all-new Focus has been unveiled and goes on sale early in September with a big cash boost – all are cheaper than the current model. Prices for the five-door hatchback will start at £17,930 for the entry-level Style and that's £2,300 less while the expected best UK seller, the Zetec, starts at £19,300, some £850 cheaper.

The sporty ST Line enters at £21,570 which is over £250 cheaper than the current model.

Crucially, the new Focus is based on an all-new Ford platform, called C2 which will be used in other future models.

Even the cheapest of the new Focus range has so many high tech features on board it is probably the most sophisticated family car Ford has ever made.

In terms of looks it's completely different from any previous Ford medium-sized model with a sleek styled body and sitting lower on the road.

Overall it has a more aggressive look about it although the length is much the same the current car.

It's low slung body is really stylish and nowhere near as

upright looking as any previous Focus. From the front there is a slight hint of a Mazda3 while at the back there's a touch of the looks of the current Mercedes-Benz A-Class.

The front end is particularly striking with a wider grille than before and nicer designed headlamps while at the back there's a more squat-like appearance which in itself is quite striking.

"The designers literally started with a clean sheet of paper and have come up with a most striking shape that is so different from any other car in its class today," Steven Armstrong, Ford's European president told me.

"Crucially too we have listened seriously to the comments of many current Focus owners and taken their input on board - and no we have not payed lip service as some rivals do because we have taken all their comments seriously and used some points to incorporate in this latest Focus," he added.

"We feel that as a result this Focus is the ideal smart car in every respect and a global car for the company," he said.

The new Focus hatchback, which is 50kg lighter the current model and has a 20 per cent stiffer body, also has a vastly improved drag coefficient over the current model - 0.273 - and apart from a hatchback there is also an estate version along with an Active small crossover available as either a hatchback or an estate.

There will not be a four-door saloon Focus in this country because of a perceived lack of appeal although it will be sold in some overseas markets.

As for engines there is a new 1.5-litre EcoBoost petrol, not seen in any previous Ford and with a choice of either 150ps or 182ps while Ford's award winning 1.0-litre EcoBoost

unit will also be available with outputs of 85ps, 100 or 125ps.

There's just one diesel engine available and it's a 2.0-litre 150ps unit.

Emissions for the EcoBoost engine will be as low as 107g/km which equates to 61mpg.

Depending on engine and trim level there is a choice of drivetrain with either a standard six-speed manual gearbox and for the first time in a small or medium sized Ford, an eight-speed automatic complete with a new-look rotary-style selector.

In the UK Ford bosses, who sold 70,000 Focus models in 2017, expect the five-door hatchback Zetec with either the 1.0-litre 125ps

or the new 1.5-litre 150ps to be the best seller.

As with the current Focus there is a choice of seven trim levels starting with the Style, then Zetec, ST, STX, Titanium, Titanium X and top specification Vignale

which is priced from £25,450.

Two immediate plus points of the new Focus is that it looks striking and stylish from the outside while inside there is noticeably more room, particularly in the back of the hatchback, mainly due to the wide wheelbase of the car helped by the engineers and designers pushing all four wheels further towards the outside of the car's body.

All the new Focus models, even the entry-level Style, are far better equipped with

more standard features and more high tech aids including variable drive modes.

Other features available on the new model include adaptive cruise control, an adaptive front lighting system with a new camera-based predictive light curve that adjusts the beam by monitoring bends and – for the first time in the industry – road signs, evasive steering assist to help steer around hazards and a head-up display – a first for Ford in Europe.

At the reveal of the new Focus in London, Ford also confirmed more versions are in the pipeline including a petrol-electric model and a super-sports performance variant.



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WHEELS

TEST DRIVE: Fiat 500L T-Jet Cross by Edward Stephens

500L: BIG ON POSITIVES

The first two days of driving the Fiat 500L I found it difficult to get comedian Peter Kay out of my head.

Not that there is anything comical about the car but the northern comedian's weekly "Car Share" television programme was set almost entirely in a 500L and focussed on the banter between Kay and a female colleague as they drove to and from work each day.

It was great publicity for an impressive family car which offers space, flexibility and an enjoyable drive.

The 500L is the grown up version of the trendy little Fiat 500, and numerous Fiat enthusiasts have made the switch when family requirements meant they outgrew the smaller car.

The exterior of the 500L is muscular and chunky while the interior is both trendy and functional.

A tall, spacious five-seater with a very high roofline it's one of those cars which is particularly easy to get in and out of and – because the tailgate comes right down to the rear bumper – very easy to load.

The split rear seats slide backwards and forwards so you can create more luggage space when you need it or more legroom for back seat passengers when you don't.

With seats folded there's a whopping 1,480 litres of luggage space available.

And inside there are numerous useful spaces for smaller oddments including, unusually, an upper and lower glove box on the passenger side.

From behind the steering wheel the 500L offers excellent all-round visibility thanks to the narrow twin windscreens pillars rather than one thick one and the elevated seat position,



thanks to the high roof.

The car underwent a makeover late last year so there have been changes to the dashboard which now features a 3.5-inch colour graphic display between the speedometer and rev

counter. There's also a seven-inch touch screen for the Tom Tom satellite navigation system as well as to allow you to activate on-board features.

Externally there's a new look front bumper, LED

daytime running lights and a revised layout for the fog lamps.

The Cross model is the most rugged of the range available and as such features some useful gadgetry to get you out of

trouble in winter when snow and ice are on the ground.

A dial near the gear shift allows you to change from normal mode to traction+ mode which brakes the wheel which is slipping while adding more drive to one with traction. The system also allows you to engage a hill descent system for slippery surfaces on steep declines.

It may not be four-wheel-drive but it's a useful feature which can get you out of trouble when others can't stop their wheels spinning.

On the road the 500L has impressive manners. It feels solid and well planted even on tight bends and the cabin is pleasantly quiet.

Even with five people on board it rides well and I have to admit to genuinely enjoying driving it because it ticks all the right boxes and there are no real negative aspects to highlight.

Representative example: New Kia Sportage '2' 1.6 GDI (petrol) manual 2WD with optional paint finish. **No minimum deposit required.**

Duration Agreement	37 months
Cash Price	£21,700.00
Customer deposit	£2,8775.00
Deposit contribution	£1,250.00
Amount of credit	£17,575.00
Interest charges	£2,094.41
36 monthly payments of	£250.56
Optional final payment (GFV)	£10,646.25
Total amount payable	£23,794.41
Fixed rate of interest	2.52%
Representative APR	4.9%

SPORTAGE

Standard spec on these models includes:

- 7" touchscreen Sat-Nav with European mapping & Kia Connected Services featuring TomTom® • Reversing camera system with rear sensors • Cruise control & speed limiter
- 17" alloys • LED daytime running lights • Bluetooth® & music streaming
- USB & AUX ports • DAB radio • Leather-trimmed steering wheel & gearshift
- All-round electric windows • Privacy glass (rear windows and tailgate) • Roof rails
- Dual automatic air conditioning • Black premium cloth upholstery • Auto windscreens de-fog
- Electrically folding, adjustable & heated door mirrors with LED indicators • Automatic light control • Auto-dimming rear mirror • Lane Keep Assist system
- High-beam assist • Chrome front grille with high-gloss black diamond mesh radiator grille • Driver's seat power lumbar support

4.9% APR
REPRESENTATIVE

Offer applies to models shown only.
Cars must be ordered and registered by 30/04/2018.



Representative example: New Kia Sportage 'KX-2' 2.0 CRDi (diesel) manual AWD with optional paint finish. **Save £1,000 off list price!**
No minimum deposit required.

Duration Agreement	37 months
Cash Price	£25,810.00
Customer saving	£1,000.00
Customer deposit	£3,810.00
Deposit contribution	£1,500.00
Amount of credit	£19,500.00
Interest charges	£2,018.49
36 monthly payments of	£387.54
Optional final payment (GFV)	£11,303.70
Total amount payable	£26,802.42
Fixed rate of interest	2.52%
Representative APR	4.9%



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Fuel consumption figures in mpg (l/100km) for the Kia range: urban 29.1(9.7)-67.3(4.2), extra urban 47.9(5.9)-83.1(3.4), combined 38.2(7.4)-78.5(3.6). CO₂ emissions 170-94g/km. MPG figures are official EU test figures for comparative purposes and may not reflect real driving results.

*Kia Sportage '2' 1.6 GDI manual 2WD - £339 / Kia Sportage 'KX-2' 2.0 CRDi manual AWD - £329.00. Annual mileage allowance is 9,000. At the end of the Personal Contract Purchase there are 3 options: (1) part-exchange the car, where equity is available (2) Pay the GFV to own the car or (3) return the car, further charges may be made subject to the condition of the car. Finance subject to status. Terms & conditions apply. Kia Finance RH2 2AO. Ken Brown Motors (Harlow) is a subsidiary of Shephall Way Service Station Ltd T/A Ken Brown Motors. Registered Address: Shephall Way Service Station Limited, Shephall Way Garage, Shephall Way, Stevenage, Hertfordshire, SG2 9RW. Registered number: 01522824. Regulated and authorised by the Financial Conduct Authority, number 679900. We are a credit broker not a lender. We can introduce you to a limited number of lenders to provide funding and may receive commission for the introduction.

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only 18 not on
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score is improving

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has had
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Downing had
been turned
down twice
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- 3 Ford Fiesta 0 Cash Deposit then only £22 per week
- 4 Peugeot 107 0 Cash Deposit then only £22 per week
- 5 Citroen C1 0 Cash Deposit then only £22 per week
- 6 Mazda 3 0 Cash Deposit then only £22 per week
- 7 Vauxhall Astra 0 Cash Deposit then only £24 per week
- 8 Ford Focus 0 Cash Deposit then only £24 per week
- 9 Nissan Micra 0 Cash Deposit then only £24 per week
- 10 Vauxhall Astra Coupe 0 Cash Deposit then only £24 per week
- 11 Kia Magentis (Automatic) 0 Cash Deposit then only £29 per week
- 12 Toyota Yaris 0 Cash Deposit then only £29 per week
- 13 Suzuki Swift 0 Cash Deposit then only £29 per week
- 14 Fiat Punto 0 Cash Deposit then only £29 per week
- 15 Kia Venga 0 Cash Deposit then only £27 per week
- 16 Vauxhall Zafira 0 Cash Deposit then only £28 per week
- 17 Hyundai Tucson 0 Cash Deposit then only £28 per week
- 18 Volkswagen Polo 0 Cash Deposit then only £35 per week
- 19 Citroen C1 0 Cash Deposit then only £37 per week
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WHEELS

MOTORING NEWS: with Chris Russon

BIG PICTURE FOR SUBARU OUTBACK

Changes are on the way for Subaru's heavy-duty all-wheel-drive Outback estate car which is getting a subtle redesign and extra kit at no extra cost.

The Japanese car maker's award-winning EyeSight safety system is being fitted to the latest models and now includes extra forward facing cameras to help when manoeuvring in tight spaces.

There's also some styling updates with the latest versions of the Outback getting a new look grille, front bumper, door mirrors and adaptive headlamps which link the direction of the beam to the steering.

Prices remain at £29,995 for the SE model rising to £33,010 for the top range SE Premium version and the Outback is still powered by a 2.5-litre

175ps Boxer engine with an official fuel return of 38.7mpg. Emissions are 166g/km.

Interior changes see a larger eight-inch touchscreen display incorporated in the dash on SE Premium cars which is now compatible with Apple and Android smartphones.

The EyeSight set up is an image-based detection system which includes automatic emergency braking, lane keep assist and adaptive cruise control.

Two extra cameras are being fitted to the latest Outback, one on the grille to give a 180-degree view in front of the car and a second at the base of the passenger-side door mirror to display the area to the nearside. Images highlighting what would normally be in the driver's blind spot are displayed on the touchscreen.



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£10,214	£226	£226.17	£8,988	£3,860.63	£1,000	£13,228.75	7.9%	15.9%

Based on 8,000 miles per annum. Excess mileage charged at 12p per mile

Year	Description	Colour	Mileage	Price £
CARS £5,000 TO £5,999				
14/14	Vauxhall Corsa Hatchback Special E 1.2 Sting 3dr [AC]	Green	34987	£5499
14/14	Ford Ka Hatchback 1.2 Studio Connect 3dr [Start Stop]	Blue	38162	£5499
11/61	Vauxhall Corsa 1.3 CDTi ecoFLEX Limited Edition 3dr	Yellow	44096	£5999
13/13	Vauxhall Adam Hatchback 1.4i Jam 3dr	White	55842	£5999
11/11	Vauxhall Meriva Diesel Estate 1.7 CDTi 16V SE 5dr Auto	Brown	30000	£5999
CARS £6,000 TO £7,999				
15/15	Citroen C1 Hatchback 1.0 VTi Feel 3dr	White	11871	£6299
11/61	Volkswagen Polo Hatchback 1.2 60 Match 3dr	Grey	40000	£6499
15/15	Vauxhall Corsa Hatchback Special E 1.2 Life 3dr	Blue	31319	£6499
13/63	Vauxhall Astra Hatchback Special E 1.4i 16V Energy 5dr	Black	47498	£6999
12/62	Vauxhall Astra 2.0 CDTi 16V ecoFLEX Elite [165] 5dr	Grey	33200	£7499
14/14	Vauxhall Astra Hatchback Special E 1.4i 16V Excite 5dr	Black	42198	£7499
15/15	Ford Fiesta Hatchback 1.25 82 Zetec 3dr	Red	20100	£7999

Year	Description	Colour	Mileage	Price £
CARS £8,000 TO £9,999				
15/15	Toyota Yaris Hatchback 1.33 VVT-i Icon 5dr	Red	31517	£8499
14/64	Vauxhall Astra Hatchback Special E 1.4i 16V Excite 5dr	Grey	16321	£8499
13/13	Vauxhall Astra Gtc Diesel Coupe 2.0 CDTi 16V SRi 3dr Auto	Blue	21654	£8499
15/65	Vauxhall Adam Hatchback 1.2i Glam 3dr	Black	18220	£8999
15/15	Vauxhall Adam Hatchback 1.4i Rocks 3dr	Grey	36005	£9499
15/15	Vauxhall Mokka Hatchback 1.6i Exclusiv 5dr	Black	33133	£9999
CARS £10,000 AND ABOVE				
17/17	Vauxhall Corsa Hatchback Special E 1.4 Limited Edition 5dr	Black	6700	£10999
14/14	Vauxhall Zafira Diesel Tourer 2.0 CDTi [165] Elite 5dr [non Start Stop]	Black	28151	£10999
17/17	Vauxhall Corsa Hatchback Special E 1.4 Limited Edition 5dr	Black	7563	£10999
17/66	Ford Ecosport Hatchback 1.0 EcoBoost Titanium 5dr [17in]	Grey	6100	£12499
15/15	Nissan Qashqai 1.2 DiG-T Acenta [Smart Vision Pack] 5dr Xtronic	Grey	37830	£12999
17/17	Vauxhall Insignia 1.6 CDTi ecoFLEX Elite Nav 5dr [Start Stop]	Black	10162	£14499
16/16	Volkswagen Scirocco Coupe 1.4 TSI BlueMotion Tech GT 3dr	Mauve/Purple	5555	£16299
17/17	Vauxhall Mokka X 1.6CDTi [136] Elite Nav 5dr Auto	Black	14684	£16499

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£19,995

BARGAIN OF THE WEEK



2014 (14) Nissan Juke,

1.2, Red, Alloy Wheels, Air Con, Bluetooth, Cruise Control, Parking Camera, SAT NAV, Remote Locking, E/Windows, E/Mirrors, CD player, AUX, 26,000 miles only

£65 pw

£9995

ZERO DEPOSIT FINANCE

Prestige

2009 (09) Bentley Continental, 6.0 Automatic,

Blue, Alloy Wheels, Climate Control, Cruise Control, Parking Sensors, SAT NAV, Full Leather, Heated Electric Seats, E/Windows, E/Mirrors, Remote Locking, Power Hood, CD Player, 10,000 Miles only, Stunning Example

£65,000 EP0A pw

2016 (66) Land Rover Range Rover Sport 3.0 Automatic HSE,

Blue, Alloy Wheels, Climate Control, Bluetooth, Cruise Control, Parking Sensors, Reversing Camera, Panoramic Sunroof, SAT NAV, Full Leather, Heated electric Memory Seats, Fridge, Side Steps, Remote Control Locking, E/Windows, E/Mirrors 24,000 miles

£49,995 EP0A pw

2000 (W) Jaguar XKR Supercharge Automatic,

Silver, Alloy Wheels, Climate Control, Cruise Control, Leather Seats, E/Windows, E/Mirrors, Remote Locking, 69,000 Miles, Stunner

£9,995

2015 (64) Kia Sportage 1.7 Diesel,

Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only

Sale Price £12,495 - £99 per week

SUV

2015 (64) Kia Sportage 1.7 Diesel,

Blue, Alloy Wheels, Air Con, Bluetooth, Cruise Control, E/Windows, E/Mirrors, CD Player, AUX, 36,000 miles only

Sale Price £12,495 - £99 per week

2013 (13) Vauxhall Mokka 1.6,

White, Alloy Wheels, Air Con, Remote locking, Cruise control, Parking sensors, E/Windows, E/Mirrors, CD Player, One owner, 13,000 miles only

Sale Price £9,995 - £62 per week

2014 (14) Nissan Juke, 1.2,

Red, Alloy Wheels, Air Con, Bluetooth, Cruise Control, Parking Camera, SAT NAV, Remote Locking, E/Windows, E/Mirrors, CD Player, AUX, 26,000 miles only

Sale Price £9,995 - £65 per week

2011 (61) Nissan Qashqai N-Tec

Grey, panoramic roof, reversing camera, sat nav, e/windows, e/mirrors, alloys, remote locking, 49,000 miles

£8,995 & £57 pw

2013(13) Nissan Qashqai 1.6 Black,

Alloy Wheels, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, Parking Sensors, CD Player, 46,000 Miles Only,

£8,995 £57 pw

2013 (13) Nissan Juke, 1.5 DCI,

Black, Alloy Wheels, Air Con, Cruise Control, Parking Sensors, E/Windows, E/Mirrors, CD Player, 33,000 Miles only,

£8,995 £57 pw

2016 (61) Nissan Juke, 1.6,

White, Alloy Wheels, Air Con, Cruise Control, SAT NAV, Reversing Camera, Full Leather Heated Seats, Remote Locking, E/Windows, E/Mirrors, CD Player, 43,000 miles only

Sale Price £8,495 - £53 per week

2005 (55) Toyota RAV4 2.0 Automatic,

Silver, Alloy Wheels, Air Con, Remote Locking, Cruise Control, SAT NAV, E/Windows, E/Mirrors, Heated Seats, 82,000 Miles

Sale Price £5,995 - £26 per week

Hatchback

2013 (13) Vauxhall Mokka 1.6,

White, Alloy Wheels, Air Con, Remote locking, Cruise control, Parking sensors, E/Windows, E/Mirrors, CD Player, One owner, 13,000 miles only

Sale Price £9,995 - £62 per week

2014 (14) Nissan Juke, 1.2,

Red, Alloy Wheels, Air Con, Bluetooth, Cruise Control, Parking Camera, SAT NAV, Remote Locking, E/Windows, E/Mirrors, CD player, AUX, 26,000 miles only

Sale Price £9,995 - £65 per week

2014 (14) Vauxhall zafira 1.8 grey,

alloy wheels, air co, remote locking, 7 seater, parking sensors, cruise control, E/Windows, E/Mirrors, CD Player, 29,000 Miles

£8,995 £57 pw

2012 (12) Ford Focus, 1.6 TDCI,

Silver, Alloy wheels, Air con, Remote Locking, Cruise Control, Parking Sensors, Half Leather, Electric Heated Seats, E/Windows, E/Mirrors, CD player, 50,000 Miles

£7,995 £50 pw

2012 (12) Peugeot RCZ 1.6,

Grey, alloy wheels, air con, full leather heated seats, remote locking, cruise control, SAT NAV, parking sensors, e/windows, e/mirrors, 61,000 miles

£7,495

2013 (13) Ford Fiesta 1.4 Diesel,

5 Door, White, Air Con, Air Con, Bluetooth, Remote Locking, E/Windows, E/Mirrors, CD Player, 1 Year tax

Sale Price £9,995 - £24 per week

2013 (62) Vauxhall Corsa,

1.2 Limited Edition, Red, Black Alloys, Air Con, Remote Locking, Cruise Control, E/Windows, E/Mirrors, CD player, 32,000 miles only,

£6,495 £41 pw

2013 (63) Ford Fiesta 1.2 Diesel,

3 door, White, Air Con, King, E/Windows, E/Mirrors, CD Player, AUX Input, 31,000 miles

Sale Price £9,995 - £40 per week

2014 (14) Vauxhall Corsa, 1.2,

3 door, Red, Alloy Wheels, Air Con, Heated half leather seats, heated steering wheel remote locking, E/Windows, E/Mirrors, CD Player, AUX input, 27,000 Miles only, One owner

Sale Price £5,995 - £38 per week

2016 Hyundai i30 1.6 Diesel automatic,

Black, Alloy Wheels, Air Cono, Remote Locking, E/Windows, E/Mirrors, CD Player, 32,000 Miles only

Sale Price £5,495 - £35 per week

2005 (55) Toyota RAV4 2.0 Automatic,

Silver, Alloy V, Remote Locking, Cruise Control, SAT NAV, E/Windows, E/Mirrors, Heated Seats, 62,000 Miles

Sale Price £5,995 - £26 per week

Small Cars

2013 (13) Ford Fiesta 1.2

5 door, Red, Alloy Wheels, Air Con, Bluetooth, Remote Locking, E/Windows, E/Mirrors, AUX Input, 31,000 miles

Sale Price £9,995 - £44 per week

2011 (11) Mini Cooper D,1.6, Diesel

Goodwood Green, e/windows, e/mirrors, cruise control, CD player, alloys, half leather, Diesel, air con

£6,695 £42 pw

2013 (63) Ford Fiesta 1.2

3 door, Red, Alloy Wheels, Air Con, Heated half leather seats, heated steering wheel remote locking, E/Windows, E/Mirrors, CD Player, AUX input, 28,000 Miles Only

Sale Price £4,495 - £30 per week

2011 (11) Vauxhall Corsa 1.2

3 door, Silver, Alloy Wheels, Air Con, Remote Locking, E/Windows, E/Mirrors, CD Player, One Owner, 65,000 miles

Sale Price £4,495 - £28 per week

Convertibles

2009 (09) Bentley Continental, 6.0 Automatic,

Blue, Alloy Wheels, Climate Control, Cruise Control, Parking Sensors, SAT NAV, Full Leather, Heated Electric Seats, E/Windows, E/Mirrors, Remote Locking, Power Hood, CD Player, 10,000 Miles only, Stunning Example

£65,000 EP0A pw

2008 (58) Renault Megan Convertible, Diesel,

Grey, panoramic roof, e/windows, e/mirrors, alloys, cruise control, air con, full leather interior, 53,000 miles

Sale Price £3,995 - £23 per week

2011 (11) Renault Megan 1.4 convertible,

Grey, Alloy Wheels, Air Con, electric hard top, Panoramic roof, SAT NAV, half leather seats, Remote Locking, E/Windows, E/Mirrors, Cruise Control, CD Player, 46,000 miles

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Ford

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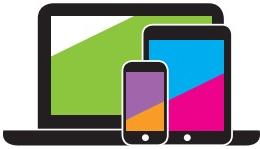
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Public Notices

24/7 Advertising for private and trade

Public Notices

Essex County Council

(Footpath 166 & 168, Harlow) (Temporary Prohibition of Use) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily close that length of Footpath 166 & 168, Harlow, in the District of Harlow as specified:

Footpath	Description	Alternative route
Footpath 166, Harlow	From its junction with London Road, east for a distance of 800 metres to its junction with footpath 162.	London Road, B183 Gilden Way, Footpath 162 and vice versa.
Footpath 168, Harlow	From its junction with Gilden Way, south to its junction with The Chase, The Chase and vice versa. Approximately 1200 metres.	Gilden Way, London Road, The Chase and vice versa.

The closures are scheduled to commence on 23rd April 2018 for 6 months or where appropriate signs are showing and weather permitting, and is required for the safety of the public and workforce while construction of new drainage works are undertaken.

The Order will come into effect on 23rd April 2018 and may continue in force for 6 months or until the works have been completed, whichever is the earlier.

Dated 19th April 2018

Essex County Council, Network Assurance, A2 Annexe, Seax House, Victoria Road South, Chelmsford, Essex CM1 1QH

Telephone: 0345 603 7631

Website: www.essex.gov.uk/highways

(Various Roads, District of Harlow) (Temporary Prohibition of Traffic & Clearway) (No.3) Order 2018

Notice is hereby given that the Essex County Council intends, not less than seven days from the date of this notice to make the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order:

1. To temporarily close the various lengths of road in the District of Harlow as specified in the schedule to this Order.

2. A temporary 'No Stopping' restriction will be introduced on both sides of carriageway on the above lengths of roads for the duration of the closure to facilitate the works. Signs will be installed indicating when the No Stopping restriction will be in force.

"The District of Harlow (On Street) (Waiting, Loading and Parking) (Consolidation) Order 2011" will be temporarily amended to include the temporary 'No Stopping at Any Time' restriction and suspend any existing parking and waiting restrictions on the above lengths of roads only. All other restrictions and exemptions contained in the aforementioned Order and Amendments to that Order shall remain in force.

The works being undertaken will take place within an 18-month period from 26th April 2018, exact dates will be specified on <http://roadworks.org/>. The roads will be closed to facilitate each phase and then re-opened to the public. Access will be maintained for emergency services. Diversion routes will be signed at each location and residents will be informed of the dates of each phase via letter/leaflet drop and advanced warning signs on the road.

For all enquiries please contact our Contact Centre on 0345 603 7631.

The Order will come into effect on 26th April 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

Schedule

Location Description	Extents	Diversion
Velizy Avenue	From Roundabout with Second Avenue to Roundabout with fourth Avenue – a distance of approximately 550m	Allende Avenue, Fifth Avenue, Edinburgh Way, A414, Second Avenue and Vice Versa
Momples Road	From its junction with Howard Way to Junction with First Avenue – a distance of approximately 1325m	Howard Way, First Avenue and Vice Versa

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Public Notices

TOWN AND COUNTRY PLANNING ACT 1990 PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990

Planning (Listed Buildings and Conservation Areas) Regulations 1990

Town and Country Planning (Development Plans and Consultation) Directions 1992

PUBLIC NOTICE OF APPLICATIONS

The following applications have been received by Harlow District Council. These applications and others received can be inspected online at www.harlow.gov.uk or at Harlow Council Planning Services, Civic Centre, The Water Gardens, Harlow, Essex CM20 1WG on Monday-Friday, 9am-4.45pm. If you are unable to view the plans during these times, please telephone Planning Services on 01270 446856 where a suitable appointment can be made with the relevant case officer.

Anyone who wishes to make representations about these applications should write to the Council at the above address within 21 days of the date of this notice.

Application No HW/FUL/18/00123 **Ward:** Little Pandon & Hare Street

Application Type Full Application

Location Herbert House, Elizabeth Way, Harlow, Essex Single-storey north and south side and rear extension, adding B2 Use Class to existing Use Class B1 and B8, with provision of a loading and unloading area

Reason for Advert Major Development

Application No HW/FUL/18/00144 **Ward:** Netteswell

Application Type Full Application

Location Edinburgh Gate Car Park, Edinburgh Gate, Harlow, Essex

Proposal Redevelopment of existing car park associated with former Pearson House. Erection of two blocks of between two-11 storeys in height comprising 376 dwellings including ground and first floor car parking together with associated development including podium and ground floor amenity space, landscaping, surface car parking, new pedestrian links, cycle and refuse stores.

Reason for Advert Major Development

Application No HW/HSE/18/00154 **Ward:** Mark Hall

Application Type Full Application

Location Ozil House, River Way, Harlow, Essex Sub-division of existing buildings to form 16m warehouse units and café.

Reason for Advert Major Development

Application No HW/HSE/18/00118 **Ward:** Old Harlow

Application Type Householder Application

Location 20 Manor Road, Harlow, Essex CM17 0BE

Proposal Single-storey rear extension.

Reason for Advert Conservation Area

Application No HW/FUL/18/00176 **Ward:** Old Harlow

Application Type Full Application

Location Mark Hall Comprehensive School, First Avenue, Harlow, Essex

Proposal Demolition of four existing blocks and development of replacement main school building and enhancement of external spaces including new visitor car park.

Reason for Advert Major Development

Application No HW/FUL/18/00177 **Ward:** Old Harlow

Application Type Full Application

Location Mark Hall Comprehensive School, First Avenue, Harlow, Essex

Proposal Demolition of four existing blocks and development of replacement main school building and enhancement of external spaces including new visitor car park.

**VIOLET PATRICIA BEACH
(Deceased)**

Pursuant to the Trustee Act 1925 any persons having a claim against the deceased in the Estate of Alexandra House Hamstel Road Harlow Essex formerly of 148 East Park Harlow Essex who died on 05/02/2018, are required to make a written claim to the executors of the undersigned Solicitors on or before 22/06/2018, after which date the Estate will be distributed having regard only to claims made in writing before that date had notice.

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AGE: 43

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TEXT EXPRESS TO 63222



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AGE: 40

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TEXT EXPRESS TO 63222



NAME: LUCY

AGE: 42

Recently divorced and looking to start afresh with an open minded guy! I've got a lot of time on my hands so if you're free and can't wait to get a little crazy with someone!

TEXT EXPRESS TO 63222



NAME: SILVIA

AGE: 40

Italian woman, lived in the UK for 15 years and recently single. Dark haired, people tell me I look exotic and I am looking for a date. I'm a good person and know how to treat me properly.

TEXT EXPRESS TO 63222



NAME: KATIE

AGE: 46

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TEXT EXPRESS TO 63222

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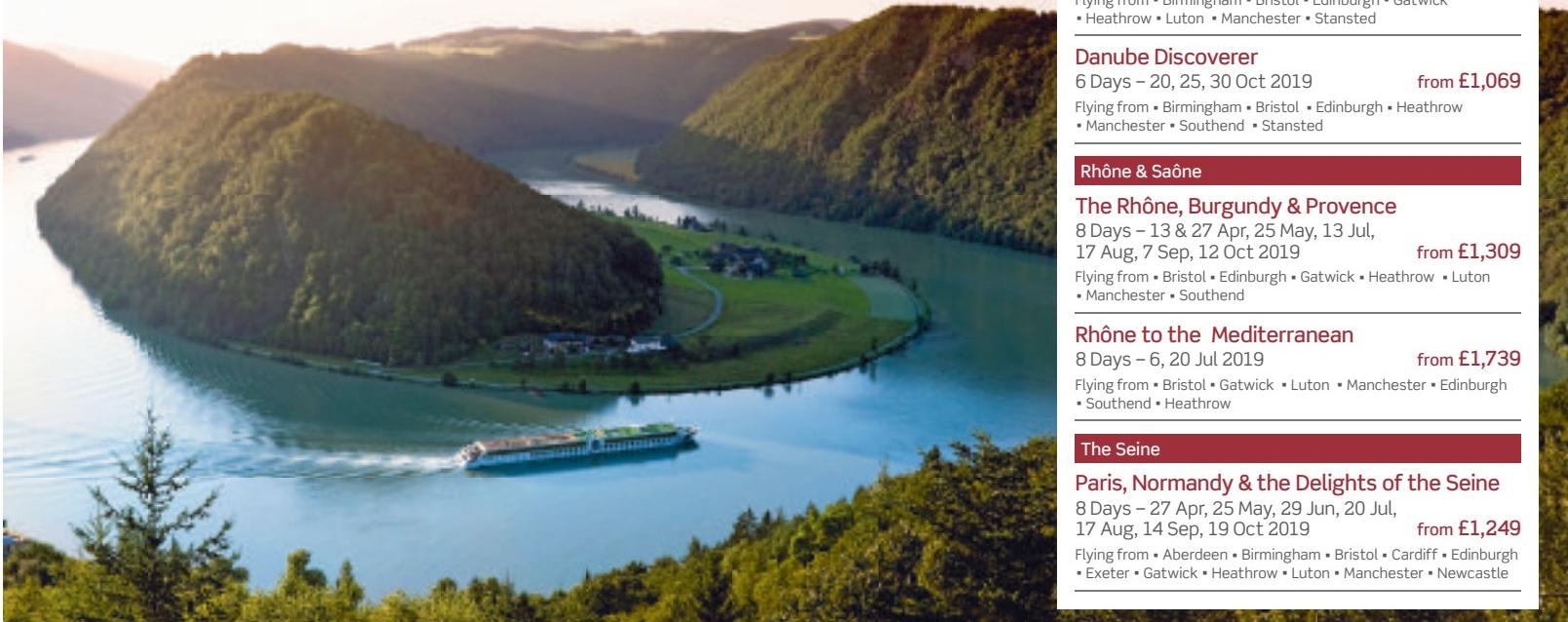
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Golden girl Jo fulfills her Roses dream

Harten helps England to memorable win

By Andrew Franczak
andrew.franczak@hertsessexnews.co.uk

AFTER Harlow's Jo Harten received her gold medal on the rostrum with her England netball team-mates at the Gold Coast Commonwealth Games on Sunday, the first thing she did was give it a big kiss.

It's a medal the 29-year-old has been dreaming of getting all her life and after a thrilling, heart-stopping 52-51 victory over hosts Australia, she probably hasn't taken it off her neck.

Harten, at goal shooter and goal attack, played a key role in securing England's place in the final, having sunk the last second winner against Jamaica to seal a 56-55 triumph.

In the final her silky skills and precision shooting meant England clawed back a four goal deficit in the final quarter to beat the world ranked number one team, and spark wild celebrations for the Roses.

"This team, this dream – Commonwealth gold," said Harten. "We've created our own history and hopefully inspired the next generation of netballers back in

England.
"It can be done. It's great. It sets up netball to a tee."

To win the gold medal takes a great performance, whoever you play, whoever's trying to win that medal.

"That's a really good game to play going into a final because it shows great determination, being clinical and finishing off the turnover and making every ball count."

"This is what we want. We want teams contesting, not just Australia and New Zealand like it's been for the last 20 years.

Exciting

"We want to get up there and prove we are world beaters."

"What better place to do it than Liverpool next year [at the Netball World Cup]."

"It's going to be an exciting tournament. We're hosting. Come take it off us."

Harten, who first took up the sport at St Albans Primary School in Harlow, dedicated the gold medal to her parents, who live in Church Langley, saying "This is for my mum and dad".

Her mother, Chris, tweeted: "All the tarmac courts. Training.

Thursday night league at Chelmsford in the rain. Weekends driving around the country. Playing in NZ (thank you). Moving to play in the toughest league Aus Giants. What do you get a CWGS gold medal. Just sinking in."

The pair were pictured proudly clutching a battered England flag which comes out for every England netball tournament. Harten has never played in since she was first called up as an U17 player 14 years ago.

England had won all of their matches, with Pool victories over Scotland (74-28), Malawi (74-49), Uganda (55-49), Wales (85-31) and a brilliant 54-45 victory over New Zealand.

Harten is based in Australia where she plays professionally for Suncorp Super Netball League team Giants Netball.

Jo Harten at the Gold Coast Commonwealth Games
Photo: MARK METCALFE/GETTY IMAGES



Relief for Hawks as they escape the drop

A 2-0 VICTORY over Brightlingsea saw Harlow Town secure their place in the Bostik League Premier Division next season.

Burgess Hill and Tooting & Mitcham now sit six and seven points behind The Hawks at the bottom.

With the pair of them only having two games remaining, Harlow are mathematically safe with only one team to go down.

Christian Scales was involved in Harlow's opener in the tenth minute, showing good footwork to get himself from his own half to outside the opposition's box, before accurately slipping

the ball behind to Fabion Simms.

The midfielder, aiming to score for a second consecutive home game, was bought down, giving the referee no choice but to point to the spot.

Alex Read coolly slotted the spot kick into the bottom left corner for his 15th goal of the season.

Harlow doubled the lead in the 27th minute. Sam Clarke was under good pressure from prolific Billy Hunt but managed to get away a powerful clearance.

The ball's first bounce came just inside Brightlingsea's box, and Matt Foy rushed past centre-back James Love, outjumped

keeper James Bradbrook, and headed the ball over him.

He saw stars as a result of his efforts, but the goal sparked plenty of celebrations, with the home fans knowing they were edging ever closer to safety.

Harlow manager Danny Chapman said: "It wasn't the best of games, it was just a case of making sure we got another three points on the board, and we did that."

"I can't fault the players – that's four wins in the last six. That's what has kept us up."

"I give the boys massive congratulations on keeping the club in the league."

"The main thing was staying up and we've done that."

"In the next few weeks we'll sit down and have a chat about where we're at, and what we can and can't do for next season [in terms of signing players]."

Harlow have a busy schedule with four games in 14 days, which started with a trip to Tonbridge Angels last night (Tuesday), which finished goalless, followed by a visit to Tooting & Mitcham on Saturday.

"With being safe now we can look at maybe a few different things," added Chapman. "But even though we're safe we want to finish as strong as we can."



Alex Read (left) in action for Harlow against Brightlingsea
Photo: MARTINE XERRI

Bradley's best in Brighton

HARLOW Running Club member Andy Bradley smashed his personal best by more than 12 minutes at the Brighton Marathon.

Bradley crossed the finishing line in 202nd place out of 19,787 finishers in 3hr 47min 39sec. Sam Carter, in his second marathon in as many weeks, was 2442nd in 3:52:23 and Debbie Smith 7144th in 4:44:01.

Meanwhile at the off road Cambridge Cambourne 10k, Paul Schroder was 123rd place out of 909 finishers in 46:51.

He was followed by Wendy Schroder 437th in 56:53, Vanessa Bull 544th in 60:12, Dean Bull 561st in 60:12, Brenda Clayton 626th and 2nd female Vet 70 in 63:30, Lindsey Pearson 762nd in 69:49 and Louise Peacock 794th in 72:02.

At the Putney and Fulham Half Marathon, Sean Flynn finished in 189th place out of 497 finishers in 1:49:31.

Alex Smith was victorious out of 155 finishers in the Harlow parkrun in an excellent 19:18.

He was followed home by Danny McCree third in 19:47, Craig Segal fourth in 19:52, Ben Usher sixth in 21:26, Andy Terrell eighth in 21:39, Alison Beeton tenth and first female in 21:49, Michael Robey 16th in 23:35, Catherine Ridge 19th and second female in 23:50, Terry Ridge 23rd in 24:17, Paul Dixon 26th in 24:24, Hannah Wenlock 32nd in 24:59.

Losing bonus for Harlow

HARLOW Rugby Club secured a fifth place finish in London & South East Division Two North East after picking up two points in the 29-24 home loss at the hands of Wanstead.

An early penalty conceded by Harlow saw Wanstead take a three point lead.

Harlow replied straight away with full back Matthew Dodds bursting into the line and creating space for winger Dale Stalley to score.

After 27 minutes a lack of concentration from Harlow allowed Wanstead to score their first try and with the conversion eased them into 10-5 lead.

Harlow finished the half well with Dale Stalley catching a defensive kick and making an inspiring run through the Wanstead defence, scoring under the posts.

With Danny Smith converting Harlow finished the first half 12-10 ahead.

The visitors scored two converted tries early in the second half before Ross Stalley replied for the hosts.

With 10 minutes to go Dodds managed to get on the score sheet scoring Harlow's fourth try. Smith's conversion kick brought the scores level at 24-24.

Wanstead had the final say, however, scoring their fourth try to make the final score 29-24.